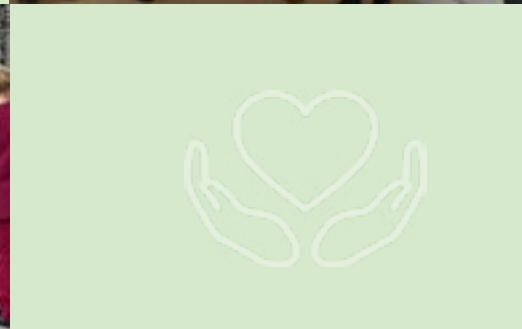
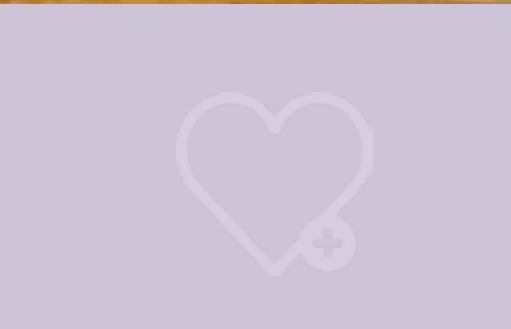
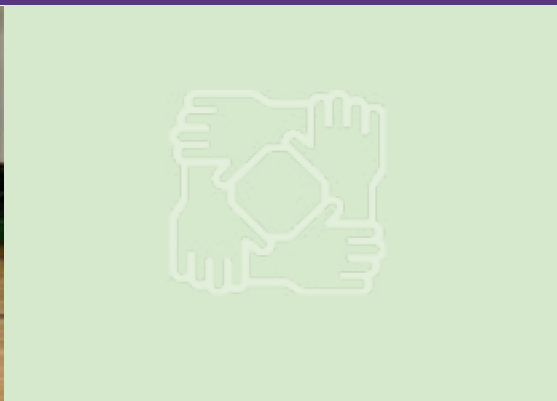


# Your essential guide to keeping well this winter



# WINTER WELLNESS

The dark nights are drawing in, the clocks have changed and the weather - well, that's a whole different story! Protecting yourself and the ones you love this winter means we should stay safe, eat well, keep warm and be vigilant.

If you have pre-existing medical conditions, sometimes, the cold weather can impact these and make things worse or could lead to serious complications.

The table below gives some great insights to common winter illnesses, but - do you know the difference between a cold, the flu or even COVID-19?

Common Symptoms	Cold	Flu	COVID19
- Fever and/or chills		✓	✓
- Headache		✓	✓
- Muscle pain / body aches		✓	✓
- Feeling tired or weak		✓	✓
- Sore throat	✓	✓	✓
- Runny / stuffy nose	✓	✓	✓
- Sneezing	✓		
- Cough	✓	✓	✓
- Shortness of breath		✓	✓
Vomiting and Diarrhea		✓	✓
- Change in or lost of taste/smell			✓

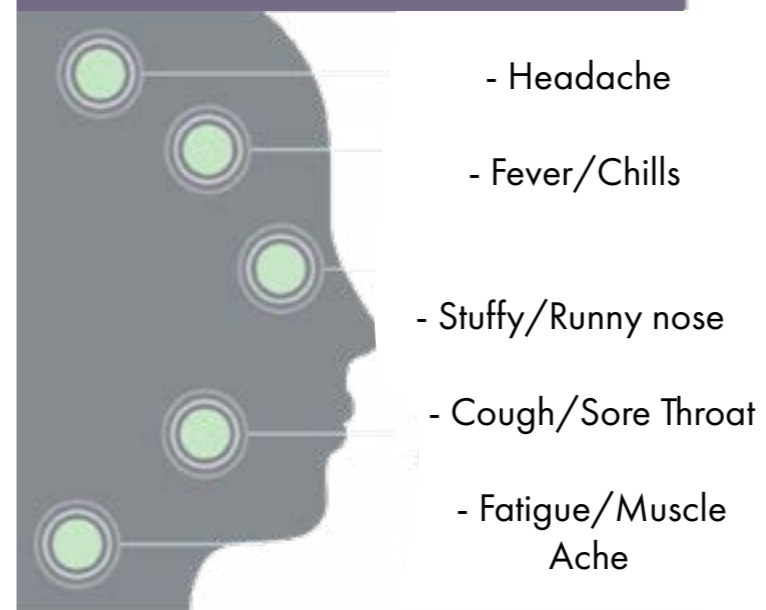
## Medicine box checklist:



- Plasters & Bandages
- Antiseptic cream
- Cough medicine
- Cold & Flu tablets
- Re-hydration powders
- Painkillers
- COVID-19 LFTs
- Throat sweets
- Antidiarrhoea tablets
- Indigestion treatment

## Spotting signs of winter illnesses

### Symptom spotting



### Treating illness

- Rest. Recouperate. Recover!
- Make an appointment with your doctor if your symptoms worsen.
- Drink plenty of water.
- Stay home and away from others.

## Where to get help & support?

### SELF CARE

Hangovers, sore throats, grazed knees etc.

### PHARMACY

Upset stomache, headaches, bites & stings.

### GP SURGERY

For symptoms that won't go away - back pain, a lump, blood in your pee etc.

### NHS 111

Visit 111.nhs.uk or call 111 for urgent medical help when you don't know where to go or need advice.

### A&E

For emergencies only. Severe bleeding. Breathing difficulties. Chest pain. etc.

### MINOR INJURIES

for injuries or illnesses that are urgent but not life threatening.

Sprains, fractures, burns etc.

## Stopping the spread

Cover your mouth & nose with a tissue when you cough or sneeze / or try to cough and sneeze into your elbow if you don't have a tissue.

Wash your hands often, with soap and water. Use hand sanitiser where available.

Avoid touching your mouth, eyes & nose.

Clean surfaces with disinfectant at home & in the office.

Bin used tissues.

Stay at home if you are sick or unwell.

Avoid contact with sick people

During winter, your mental health is just as important as your physical health. It's important you keep a check on yourself! Some of us can struggle with our mental health and wellbeing during the colder months and in the run up to Christmas and New Year. It's ok to feel like you're struggling.

We've pulled together a great toolkit to help you understand you - emotionally, socially, intellectually & physically!

## EMOTIONALLY

- Make a list of the things you are grateful for.
- Write down any negative thoughts and challenge yourself to come up with realistic, helpful responses.
- Make a list of your strengths and how you plan to use them in the year ahead.
- Pick out a specific problem you are experiencing and ask someone for help.

## INTELLECTUALLY

- Pick out a book of your choice and read a chapter a week.
- Challenge yourself to an afternoon without electronics. No screens until dinner!
- Learn an Origami pattern and teach it to a loved one.

## SOCIALLY

- Wrap up warm and meet a friend in the park for hot choccy!
- Send a text to someone you haven't caught up with in a while.
- Join a group & make new friends!
- Ask someone about their day and listen deeply and fully to their response.

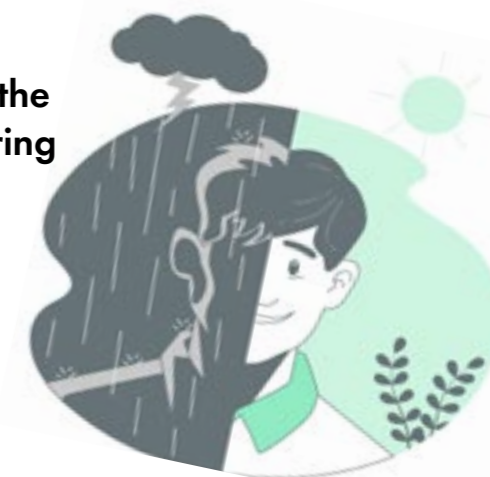
## PHYSICALLY

- Take a 10 minute walk whilst listening to upbeat music, timing your steps! to the beat.
- If you can, complete a hand scan: Focus on each of your fingers for 10 seconds, wiggling then relaxing them one by one. Clench and un-clench your fists, then roll your wrists in each direction.
- Eat a festive treat mindfully. One by one, notice the texture, taste and smell.
- Dance to the whole of the next song on the radio.

## Seasonal Affective Disorder

SAD is sometimes known as "winter depression" because the symptoms are usually more apparent and more severe during the winter.

The exact cause of SAD is not fully understood, but it's often linked to reduced exposure to sunlight during the shorter autumn and winter days. You can find more information about SAD [here](#)



## Working from home?

We've put together some top tips on how to get the most out of working from home, while looking after yourself and your mental health!

**1** Create a morning routine that brings you up until the moment you begin work for the day. It may sound trivial, but this helps you mentally prepare for the day ahead and get into the "I'm going to work" mindset.

**2** It is easy to lose track of time when working from home, so set a schedule, and stick to it... where you can.

**3** You may be sharing a limited amount of space with your partner, so it's important to set some rules and establish boundaries, together.

**4** Although it's tempting to head to your sofa with a laptop, you may find setting up a work area helps you stay focused. If you can, try to set aside a specific area or space where you can work.

**5** Remember to take normal breaks, including your lunch break. Get up, move about, go for a short walk or make a brew!

**6** Loneliness, disconnect, and isolation are common problems run over in remote work life. Making the effort to speak to your colleagues regularly can make a big difference.

**7** Drink water. People get dehydrated when they sit, and if you're heating is on in your home, then you'll need the extra water to keep yourself healthy.

**8** Sitting all day isn't healthy even if you're at the office, but working from home means you skip your commute and have fewer reasons to get up from your chair throughout the day. Stand up and stretch on the hour!

# KEEPING WELL

It's that time of year (where has time gone!) where winter vaccines are due. If you are eligible for vaccinations like the Flu Jab or Covid booster, now is the time to start thinking about getting these booked in. There's plenty of ways to go about this, from your GP to a local pharmacist.

Click this bubble to find your options

Keeping well doesn't just mean looking after your physical health, it's also about your mental health too! As the dark nights draw in and the weather gets colder, you may find yourself not connecting with people as much & that's absolutely ok, if it's by choice!

But if you are finding you are alone more often, there is help available. CMRH have a recorded workshop on making friends as adults - this info piece is jam-packed with hints and tips to make new friends and push your boundaries. (download the [presentation here](#))

Click this bubble to watch the session on youtube.

Over the last few years, there has been huge drive across the footprint to help people keep warm in winter - especially with the cost of living and energy price rises. Organisations have come together and opened their doors to the public to become a warm space!

Click this bubble to find your local warm space.

Across the footprint, each local council has a range of support streams to help residents, in lots of different ways. Combining all of this information can sometimes be tricky to navigate and really impacts the user experience. Local authorities have created a 'live well' database that can be accessed online anytime. Click **your area in the map below to find yours.**

Trying to find information on a specific topic can sometimes be mine-field within it's own right. The same goes for finding service information - as there's that much around! The Hub of Hope is an online platform that lists support streams in one place and is grouped together on a persons postcode. It's really simple to use.

Click this bubble to access hub of hope.

Recently, It was announced that CMRH's funding has come to an end, subsequently, we've stopped taking new referrals for psychological support.

If you are seeking support around a mental health condition and are looking for therapeutic access, you can link with your local NHS Talking Therapy without a GP referral. Click this bubble to be directed

The NHS is absolutely huge and trying to find a specific service within your local area can sometimes be like finding a needle in a haystack.

If you know what it is that you are looking for, but don't have an idea on where to start, try using the service finder.

Click this bubble to be re-directed.



## COST OF LIVING SUPPORT

At the moment, times are tough - everyday prices of food, fuel and energy are rising and leaving us out of pocket more and more. If you or your family don't have enough money to live on, you might be able to get help to afford essentials like bills and food. This includes the Household Support Fund and cost of living payments. You should check if you can claim benefits - you might be able to do this even if you work, have savings or own a home. Below, we've listed each local authority support information around the cost of living.

WARRINGTON	LIVERPOOL	ST HELEN'S
SEFTON	HALTON	WIRRAL
KNOWSLEY	WEST CHESHIRE & CHESTER	EAST CHESHIRE



## ENERGY BILL SUPPORT

If you are struggling with your energy bills this winter, firstly - contact your provider to see what support offers are in place.

Whatever you do, don't hide from the problem. Most energy providers have a range of Energy Support Funds available for customers who are in hardship.

Find your provider to the right.

- BRITISH GAS
- EDF
- E-ON
- SCOTTISH POWER
- OCTOPUS
- OVO
- SHELL

## FOOD BANK SUPPORT

Sometimes, we can end up in a situation that is out of our control. Food banks are a network welcoming and supporting everyone who is referred to them. They act with respect and without judgment. Volunteers will give a minimum of three days' emergency food and offer support to people experiencing hardship and look to resolve some of the difficulties you might be facing. There is no shame in reaching out for support from a foodbank.

### GETTING A FOOD VOUCHER

Your local food banks work with referral agencies to issue food vouchers to those in need of emergency food in times of crisis.

[Click for more info](#)

### WHAT'S IN A PARCEL?

Foodbanks provide a minimum of three days' nutritionally balanced, tinned and dried food donated by the local community.

[Click for more info](#)

### VISITING A FOODBANK

Food banks provide emergency food on presentation of a voucher. Our trained volunteers will offer a warm welcome...

[Click for more info](#)

### ENERGY BILL SUPPORT

Not all food banks in the Trussell Trust network are able to support with gas and electricity. Some food banks may run schemes offering fuel vouchers.

[Click for more info](#)

### HARDSHIP HELPLINE

Advisers can help you get the support you need if you're struggling to afford essentials like food, heating & toiletries. Call 0808 2082138

[Click for more info](#)

### FIND A FOODBANK

In the Tussell Trust network, there are over 1400 foodbanks and 1800 independent foodbanks. Reaching out for support has never been easier.

[Click for more info](#)

## PASTORAL SUPPORT FROM CMRH

CMRH is in a unique position in terms of our service offer. As well as supporting staff members in the NHS, Social Care & Emergency Services with their mental health, we also offer non-clinical support. If you are struggling with **housing, debt, finance, social engagement, domestic violence and much much more**, you can book a FREE & CONFIDENTIAL 1-2-1 with our Pathways Advisor, Judy. Who will help source the support you require. [Click here to book your 1-2-1.](#)



# YOU ARE NOT ALONE

## SAMARITANS

Samaritans offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you.

**Call: 116123**



here for you 24/7

Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.



CALM runs a helpline and a web chat service, to anyone who is struggling or in crisis.

**Call 0800 585858**



Mind works to improve the lives of all people with experience of mental health problems.

**Call: 0300 123 3393**



Age UK is the country's leading charity dedicated to helping everyone make the most of later life.

**Call: 0800 678 1602**



Switchboard provides a one-stop listening service for LGBT+ people on the phone, by email.

**Call: 0800 0119 100**



BEAT exists to encourage and empower people with an eating disorder to get help quickly.

**Call: 0300 123 3355**



AMC wants to eliminate the stigma surrounding mental health and create judgment-free spaces.

**Call: INFO@ANDYS-MANCLUB.CO.UK**



Papyrus are national charity dedicated to the prevention of young suicide. They provide confidential support and advice to young people struggling



We all know the NHS is the NHS- but there are many services within, that it can be quite confusing.

**999** for emergencies\_

[111](#) for advice and support

[Local mental health support](#)