



TIPS TO STAY WELL



Advice to help you stay well all year round...

Eat well

To stay well, it's important you eat a balanced, nutritious diet.

- **Nottinghamshire Good Food** can advise on healthy, affordable food: www.nottinghamshire.gov.uk/goodfood.
- **County Enterprise Foods** deliver healthy meals from local suppliers. Go to: www.countyenterprisefoods.co.uk or call: 01623 490015
- **Nottingham City Council** provide Meals at Home to city residents. Go to: mealsathome@nottinghamcity.gov.uk or call: 0115 876 1847

Keep active

Exercise can boost your mind and body and helps to protect your immune system. Just 30 minutes a day can help you stay strong and independent, even moving regularly helps you stay more steady.

Be prepared

- Stay warm in winter – heat your house, or even the room you are in, to at least 18 degrees. Evidence suggests this is better for heart and lung health, sleep and general health.
- Beat the heat in summer: drink plenty of fluids, keep out of the sun during the hottest time of the day and apply sunscreen regularly.
- Stay connected, keep in touch with family and friends.
- Keep a list of emergency contacts.
- Top up your first aid kit and store cupboard items.

Get vaccinated!

If you are at greater risk of complications from flu and Covid-19 it's important to get vaccinated (over 65 you also get a pneumonia jab). Speak to your GP surgery or local pharmacy for more information. The shingles vaccine is recommended for people at higher risk from shingles, including all adults over 65 and those aged 50 and over with a severely weakened immune system.

There is advice for families, information on warm spaces, social eating, low-cost food and exercise activity on AskLion.

www.asklion.co.uk
or call:

0115 8763 101

Your Health Notts provide support to get you more active, eat healthier, manage your weight, drink less alcohol and stop smoking.
www.yourhealthnotts.co.uk
0115 772 2515

Nottinghamshire County Council support

The council has produced a 'Winter Wise' booklet with tips on how to stay well and get help. It also has dedicated hub for information on adult social care and support services. You can find out more here:

www.nottinghamshire.gov.uk/care/adult-social-care/adult-social-care-hub/. For information on services, support, activities, groups and events in Notts: www.nottshelpyourself.org.uk

Local council support

Councils across Nottingham and Nottinghamshire offer a wide range of services to support local people from benefits, home energy advice and investigating complaints about poor housing to keeping active in local leisure centres. To find out more contact your local council directly:

- Go to: www.ashfield.gov.uk or call: **01623 450000**
- Go to: www.broxtowe.gov.uk or call: **0115 917 7777**
- Go to: www.gedling.gov.uk or call: **0115 901 3901**
- Go to: <https://www.nottinghamcity.gov.uk/> or call: **0115 915 5555**
- Go to: www.rushcliffe.gov.uk or call: **0115 981 9911**

Support for carers
Nottinghamshire Carers Hub provides free confidential advice and support for unpaid carers.
Go to: carersfederation.co.uk
or call: 0808 802 1777

Voluntary services support

Voluntary services support vulnerable people to thrive in their community, provide support to voluntary and community groups and help people to volunteer.

- Ashfield Voluntary Action supports people in Hucknall
Go to: www.ashfieldvoluntaryaction.org.uk or call: 01623 555 551
- Newark and Sherwood Community & Voluntary Service (CVS) supports groups in Gedling
Go to: www.nandscvs.org or call: 01636 679539
- Nottingham CVS supports people in Nottingham City
Go to: <https://www.nottinghamcvs.co.uk/> or call: 0115 934 8400
- Rushcliffe CVS supports people in Rushcliffe and Broxtowe (and delivers transport and befriending in Gedling). Go to: www.rushcliffecvs.org.uk or call: 0115 969 9060

Local healthcare services

There are a range of services available to care for you depending on your need. Choosing the right service helps you get the right care.

- **Pharmacy** – for advice on minor injuries and ailments.
- **GP Practice** – for a team of healthcare professionals, including GPs, nurses, pharmacists, social prescribers and physiotherapists who can support you by telephone, face to face or online.
- **Urgent Care Centre** – for urgent healthcare needs such as sprains, fractures, minor burns and skin infections. Walk in service which is open 365 days a year (7am-7pm). Call: **0115 8838500**
- **Mental health support** – contact your GP surgery or access the following services:
 - Mental health crisis line: 0808 196 3779
 - Samaritans: 116 123
 - Shout 85258 – text **Notts** to 85258
- **NHS111** – for advice and signposting if you need help fast. Call 111 or visit 111.nhs.uk
- **Urgent dental problems** – contact your own dentist, or NHS 111.
- **A&E** – serious accidents and life-threatening conditions needing immediate medical attention including severe chest pain, loss of consciousness, severe blood loss, serious burns, suspected stroke.
- **999** – in a medical emergency when someone is seriously ill or injured.

Looking after your home

Age UK provide energy saving tips, information and signposting if you are aged 50+. They can also maximise your income through benefit checks and fit **free** energy saving devices. Email warmandwise@ageuknotts.org.uk or call: **0115 8599209**

Nottingham Energy Partnership provide support with insulation and heating improvements, plus advice on available grants. For more information, go to: www.nottenergy.com/our-services/healthy-housing/ or call: **0115 985 9057**