

**Let's
Do It!**

STAYING WELL THIS WINTER

**WORK THROUGH THIS CHECKLIST TO HELP
YOU STAY WARM AND WELL THIS WINTER**

Covid-19

The Covid-19 vaccine remains our best defence against the continued threat of Covid-19. The vaccine is fully-tested, safe and has saved tens of thousands of UK lives since it was introduced more than a year ago.

Getting your booster dose (or first or second if you still need them) in Bury is easy:

- Book in at one of our local sites in Ramsbottom, Radcliffe, Prestwich or Bury (Elizabethan Suite) at covid.nhsbookings.com/gmpcn
- Go to the national booking system at nhs.uk, or dial 119, for booking at additional sites, including local pharmacies and the mass vaccination centre at the Etihad Campus
- Find out about walk-in, no need to book ahead sessions at our local sites at bury.gov.uk/coronavirus-vaccine

Are you up-to-date with your Covid-19 vaccinations, including booster? ■



Flu

Flu is a really nasty virus. It kills up to 11,000 people every year, and puts thousands more in hospital. The flu vaccine is safe and effective, and offers vital protection.

The flu vaccine is offered every year free on the NHS to help protect people at risk of flu and its complications.

You can check your eligibility for a flu vaccination and book an appointment at a pharmacy at nhs.uk, or you can book for your flu vaccination in Bury (at the same time as your Covid-19 vaccination if you want to, and if eligible) at covid.nhsbookings.com/gmpcn

Have you checked if you are eligible for a flu vaccination?

If eligible, have you had the flu vaccination?

Preparing for cold weather

Cold weather can be really dangerous, especially for people aged 65 and above.

It is important to keep warm in winter - inside and outdoors:

- Heat your home to at least 18°C (65°F)
- Keep your bedroom window closed on winter nights
- Keep active when you are indoors
- Wear several layers of light clothes.

For people struggling to heat their homes, help is available from the Local Energy Advice Partnership (LEAP). This free service helps people keep warm and reduce their energy bills without costing them any money. Find out more at applyforleap.org.uk or call 0800 060 7567

To prepare for bad weather, we're advising people to sign up to the Met Office's cold weather email alerts. Find out more by searching 'Cold weather alerts'.

Have you signed up to cold weather alerts?

Have you checked out grants/advice to help you heat your home?

Reviewing your medication

If you're on regular medicines it's worth contacting your local pharmacy or GP practice to check when your next medication review is due, or at any time if you have any questions.

While it makes sense to ensure that you have enough prescription medicines at home in case you cannot readily access them, do not over order and hoard medication as your prescription may change.

It's worth keeping a small stock of over-the-counter basics such as paracetamol and plasters at home, just in case.

Have you had your medication reviewed recently?



Do you have enough medication in your home if you were unable to go out for a short period e.g. in the case of bad weather?



Do you have basic medicines in your home?



Nutrition and hydration

Losing weight, having a reduced appetite, or being dehydrated can make you really poorly. It's important to eat nutritious foods regularly to keep your energy up, and to boost your immune system and general mood.



Getting a balanced diet can be a real challenge for some people. But help is available with getting food to you in times of need.

Find out about foodbanks at
theburydirectory.co.uk/bury-food-banks



Are you having daily hot meals and drinks?

Do you know where to go for help with accessing food?

If you're experiencing hardship

Free, confidential and independent advice and support is there for people suffering financial difficulty.

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Vouchers to help with food, fuel and essential winter provisions, along with other discretionary payments, are available dependent on individual circumstances. Call Bury Council on 0161 253 5858 or go to

www.bury.gov.uk/adviceandbenefits

You may also be able to access support through the Household Support Fund – visit

www.bury.gov.uk/householdsupportfund. If you are a Six Town Housing tenant you can also talk through available support - contact 0161 686 8000 or email enquiries@sixtownhousing.org

Have you checked out where you can get financial support?

Feeling connected

Winter can be a really lonely time for people with no family or friends nearby. Help and companionship is always at hand, and the place to find it is **The Bury Directory** - the borough's one stop place to find support, services, local groups to join and local events.

Go to **theburydirectory.co.uk** to find out more.

Also offering help to those in need are Bury's Community Hubs, including to people self-isolating with Covid-19. Call 0161 253 5353 (9am to 5pm, Monday to Friday) or text 07860 022876 (messages responded to by the next working day).

If you felt low or lonely, do you have somebody that you can contact to speak to?

For a full range of services and organisations that can support you through winter, please go to **theburydirectory.co.uk/winterwell**

