

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 risk of Covid-19. The vaccine has saved tens of thousands of UK lives since it was introduced. Getting your booster dose (or first vaccination or second vaccination if you still need them) in Bury is easy.

- Our four local vaccination clinics in Bury, Radcliffe, Ramsbottom and Prestwich offer first, second and booster vaccinations to eligible people when they are due.
- Book your Covid-19 vaccination by visiting rebrand.ly/getvaccinated, calling 119, or by calling our local booking team on 0161 983 2300, Monday to Friday, 9am to 5pm.

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

Let's
Stay well
this winter

LET'S DO IT
FOR EACH OTHER

LET'S DO IT FOR BURY

Bury
COUNCIL

Flu



Flu is a virus we might have been able to shake off quite easily in our younger days but can now leave us open to serious illness like bronchitis or pneumonia which can sadly lead to loss of life.

FREE vaccination for over 50s.

FREE vaccination if over six months and under 50 years old and have serious health problems, live with someone who has a weakened immune system or are the main carer of an older or disabled person whose welfare may be at risk if the carer falls ill.

Vaccinations are offered in school for those in year 9 and below. Children aged 2-4 years old should be offered vaccination by their GP practice. Please wait to be contacted

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

If eligible, have you had the flu vaccination?

Preparing for cold weather



It's important to keep warm in winter – indoors and outdoors. Try to heat your home to a steady

and comfortable temperature throughout the day.

- Keep living room at 21°C. If below this there could be a risk to health.
- Bedroom should be a slightly cooler at 18°C.
- Set the heating to come on earlier, rather than turning the thermostat up.
- Keep windows closed and close curtains at dusk to help keep heat in.
- A hot water bottle or electric blanket will warm up your bed. NEVER use the two together as this can be dangerous.
- Having hot meals every day and hot drinks will give you warmth & energy.
- Wear several layers of light clothes rather than one thick layer.
- Wear a hat and gloves when outside.
- Avoid having bare feet when indoors. Wear socks, slippers or shoes.
- If sitting down, a shawl or blanket will provide a lot of warmth.



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

Ageing puts us at risk of becoming malnourished. Losing weight, having a reduced appetite, or being dehydrated can make you poorly. It's important to eat nutritious foods regularly to keep your energy up, and to boost your immune system and general mood.



Need help with food?

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

The Eat Drink Live Well Booklet gives you tips on how to eat well and stay hydrated as you get older:

rebrand.ly/ageuk



Help with Cost of Living & Fuel Bills

Let's
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- Citizens Advice Helpline 0808 223 1133
- Independent Age Helpline 0800 856 6766
- Struggling to heat your homes? FREE help is available
- LEAP [applyforleap.org.uk](https://www.applyforleap.org.uk) / 0800 060 7567
- Experiencing hardship? Call Bury Council on 0161 253 5858 / [bury.gov.uk/adviceandbenefits](https://www.bury.gov.uk/adviceandbenefits)
- Household Support Fund – 0161 253 5858 / [bury.gov.uk/householdsupportfund](https://www.bury.gov.uk/householdsupportfund)
- Six Town Housing tenants - 0161 686 8000 / email enquiries@sixtownhousing.org
- Private Sector Housing Energy advice 0161 253 7244 / privatesectorhousing@bury.gov.uk

Feeling connected

Winter can be a really lonely time for some. Help and companionship is always at hand. Visit **The Bury Directory** - the borough's one stop place to find support, services, local groups to join and local events. [theburydirectory.co.uk](https://www.theburydirectory.co.uk)

Each locality has a hub that can support you with life's essentials. Call 0161 253 5353 (9am to 5pm, Monday to Friday) or email one of the below contacts.

Northcommunityhub@bury.gov.uk

Eastcommunityhub@bury.gov.uk

Westcommunityhub@bury.gov.uk

Whitefieldcommunityhub@bury.gov.uk

Prestwichcommunityhub@bury.gov.uk

For a full range of services and organisations that can support you through winter, please go to [theburydirectory.co.uk/winterwell](https://www.theburydirectory.co.uk/winterwell)