

The ND Care & Support guide to a happier, healthier winter season...



Stay safe...

As the seasons start to change from autumn to winter, the **New Directions** team recognises that the colder weather and the darker months can be a worry for some of our more vulnerable communities.

For shift workers, the elderly and those in hard-to-reach areas this time of the year can offer some very real challenges. Our team have put together this guide full of useful tips, hints and information to ensure you...

Stay safe, stay warm, stay healthy and stay fed



Make sure your heating system has been serviced by a qualified and registered Gas Safe engineer.

Make sure you do not block air vents and ensure there is enough ventilation for any wood-burning, coal or gas heaters.

Install a carbon monoxide alarm in a room where you have any gas appliances. These are cheap and battery operated so no need for an electrician.

Test it Tuesday: Make sure your smoke alarm is working, test it every Tuesday.

Pick up a bag of grit from your local DIY store to put on steps or driveways during icy weather.

Keep a light on in your home during the evening if you are out and set a house alarm if you have one.

Keep a torch handy and keep your mobile phone battery charged just in case there is a power cut.

Ask friends and family to call or visit more often if there is an extended period of cold weather.

For tips on driving safely this winter, visit: <http://www.rac.co.uk/advice/winter-driving/checklist>

TIME TO BE
WINTERWISE



Top Tips to keep warm this winter...

- Keep room temperature between 18°C and 21°C
- Use a high tog duvet during the winter
- Keep a blanket on the bed and on the sofa
- Drink lots of hot liquids and make sure you have regular hot meals that contain carbohydrates, such as pasta, potatoes, bread and rice. These will provide warmth and energy
- Draw your curtains when it gets dark to help keep the heat inside and drafts out

Top Tips to keep your fuel bills down...

- Use energy saving light bulbs
- Only boil the water you need rather than a full kettle
- Use your washing machine on a 30°C cycle
- Only run your washing machine and dishwasher when they're full
- Turn off lights when you leave a room
- Don't leave chargers plugged in, they still consume electricity even if they aren't plugged into an appliance
- Have a shower instead of a bath

Stay warm...

Stay healthy...

Lots of people each winter are entitled to a free flu jab, ask your doctor if you are eligible for this.

Many people suffer from Seasonal Affective Disorder (SAD), to help ease symptoms try the following:

- Get as much daylight as possible, even if it's a short walk outside during the day
- Make your home and work environments as light and airy as possible
- Sit near windows when you are indoors
- Take plenty of regular exercise
- Eat a healthy, balanced diet

(source: <http://www.nhs.uk/Conditions/Seasonal-affective-disorder/Pages/Treatment.aspx>)

Staying active also generates heat and helps to keep you warm.

When you're indoors, try not to sit still for more than an hour. Get up and walk around, make yourself a warm drink and spread any chores throughout the day.

Chair-based exercises are helpful if walking is difficult, along with moving your arms and legs and wiggling your toes.



Have a healthy, hearty breakfast. Porridge is the perfect breakfast in winter as it warms you up and will fill you up for longer. You can also add fruit which will contribute to your 5 a day.

Check you've had a 'pneumo' jab

The 'pneumo' (or pneumococcal) jab is a one-off jab that helps protect you against pneumonia, meningitis and septicaemia. If you're over 65 and haven't had one, ask your GP.

Top Tips...

- Remember that supermarket's own brands are usually just as good quality as branded items.
- Look out for offers and reduced items at the end of the day - however check for use -by dates and whether or not the item can be frozen.
- Frozen veg and tinned fruit count towards your 5 a day.
- It's normally cheaper to buy fruit and veg from your local green grocer than from a supermarket.
- Use your leftovers - keep for lunch/dinner the next day or batch cook and freeze meals.

[Click here to view a recipe for Beef stew with dumplings](#)



Deluxe hot chocolate with marshmallows

Ingredients:

600ml milk
142ml pot double cream
100g chopped chocolate

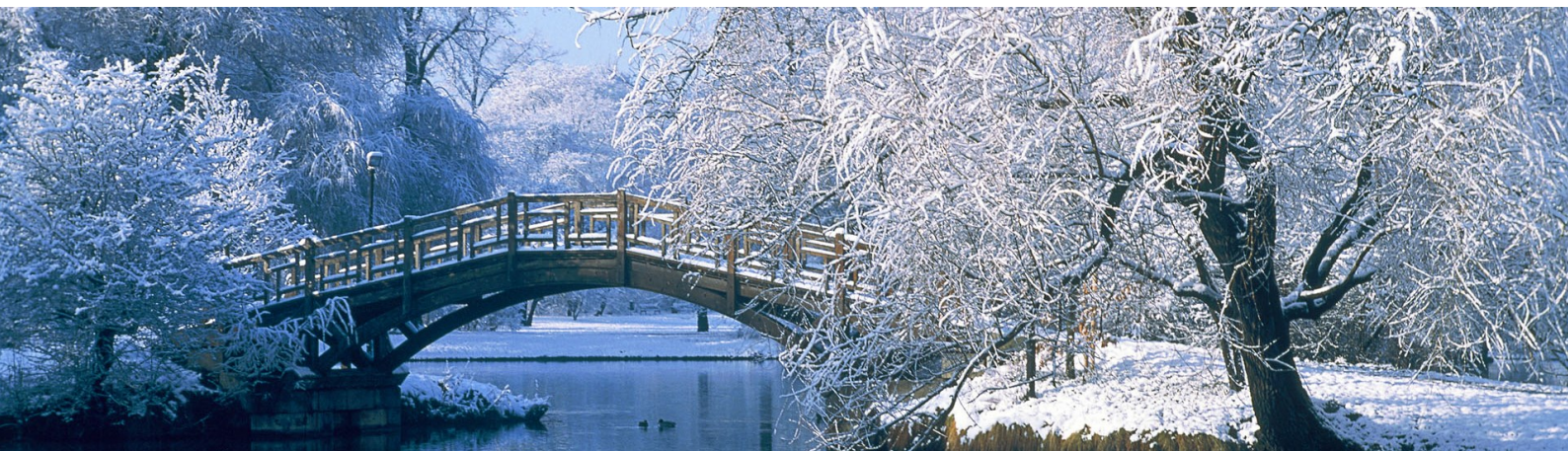
Method:

Pour the milk, double cream and chopped chocolate into a pan. Bring gently to the boil, whisking until smooth. Serve in individual cups or mugs topped with mini marshmallows and a little grated chocolate.

Stay fed...

Useful contacts

Citizens Advice Consumer Service	0345 404 0506	www.adviceguide.org.uk
Energy Saving Trust	0300 123 1234	www.energysavingtrust.org.uk
Floodline	0345 988 1188	
Gas Safe Register	0800 408 5500	www.gassaferegister.co.uk
Gov.uk	www.gov.uk	
Green Deal	www.gov.uk/green-deal-energy-saving-measures	
Home Heat Helpline	0333 300 66	www.homeheathelpline.org.uk
NHS 111	111	www.nhs24.com
NHS Choices	www.nhs.uk	
Age UK	0800 169 65 65	www.ageuk.org.uk
Age Cymru	0800 022 3444	www.agecymru.org.uk



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Get in touch...

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