Health and Wellbeing Board
North Yorkshire

Seasonal Health Partnership

Keep well and warm in winter general information

- North Yorkshire Council hosts a website that includes key information around staying well in winter including practical information and health support: https://www.northyorks.gov.uk/healthy-living/other-health-information/keep-well-and-warm-winter
- If you need more information, you can also contact the main North Yorkshire Council customer service team by phone on 0300 131 2 131.

Health

- Getting vaccinated helps keep you and your family safe from catching serious, and potentially fatal, diseases. Many illnesses are more common during the winter months, so it's important to have all the vaccinations you are eligible for. For more information visit: Get vaccinated - Let's Get Better or call your GP.
- In addition to annual vaccines such as flu and covid, you can contact your GP if you are eligible, or missed an invite, for RSV, pneumonia or shingles vaccination.
- If you're feeling unwell or showing symptoms of an infection, please avoid visiting elderly family members, those with chronic illnesses, or anyone with a weakened immune system. Your caution can help prevent the spread of illness and keep everyone safe and healthy.
- If you need health advice today, think Pharmacy First. Your local pharmacy can now provide expert advice and treatment for a range of common conditions without the need for a GP appointment. Pharmacy First makes it quicker and easier to access care, helping you get the right treatment at the right time.
- The list of conditions Pharmacies can help with includes:
    - Earache: For children and young adults aged 1 to 17 years.
    - Impetigo: A bacterial skin infection for people aged 1 year and over.
    - Infected insect bites: For people aged 1 year and over.
    - Shingles: For adults aged 18 years and over.
    - Sinusitis: For people aged 12 years and over.
    - Sore throat: For people aged 5 years and over.
    - Uncomplicated urinary tract infections (UTIs): For women aged 16 to 64 years
- You call also call NHS 111 who can provide quick advice and care, helping you get the right treatment.

Wintering Well with North Yorkshire Libraries

- North Yorkshire Libraries have FREE Wintering Well Kits available which could offer help to people who struggle with the darker months of the year. The kit contains information, a guidebook and access to a FREE online course which has been specifically designed to support people who are affected by SAD.
- https://www.northyorks.gov.uk/winter-wellness

Getting Heating Advice and Financial Support

- Get more tips to help make your home energy efficient, improve heating, and manage energy bills by visiting: Cost of living support | North Yorkshire Council or calling the customer service team on 0300 131 2 131.
- Keeping your baby and small children safe and warm when the weather gets colder is important. Wrapping up your baby to keep them warm can however result in overheating leading to sudden infant death syndrome. For advice on safer sleep for babies and very young children visit the Lullaby Trust: Cold weather | The Lullaby Trust. You can also get baby safety information and advice by calling the Lullaby Trust on 0808 802 6869.
- Low indoor temperatures can have a serious impact on your health, especially if you have medical conditions or are older. Keep yourself warm by:
    - layering clothes and wear thicker knitwear and fleeces
    - eating regularly, with at least one hot meal and hot drinks throughout the day
    - keeping your feet warm with non-slip slippers and socks, and your hands with gloves
    - moving around at least once an hour, even if it's just stretching
    - using hot water bottles (ensure they are sealed tightly and not filled with boiling water)
    - considering other heated devices like electric blankets
- Keep your home warm by:
    - trying to heat the rooms you use the most to at least 18°C
    - ensuring furniture and curtains are clear of radiators
    - reducing draughts with draught excluders
    - keeping your bedroom windows closed at night
    - insulating lofts and cavity walls
    - checking the electrical and fire safety advice of any appliances before you use them
- For more guidance about heating your home safely visit North Yorkshire Fire and Rescue Service: Heating your home - North Yorkshire Fire & Rescue Service. You can also phone the non-emergency Fire and Rescue Service switchboard on 01609 780150. Please note that in an emergency, you should always phone 999.

Support with heating costs

- If you are worried about being able to afford heating your home this winter, or are struggling with your energy costs, support may be available.
- North Yorkshire Citizens Advice and Law Centre provides advice and support to people experiencing financial difficulty, including helping eligible households access crisis and resilience funding for essential energy costs such as heating.
- If you are concerned about keeping your home warm, please contact the Warm and Well service to find out what support may be available: 01604 767 555 or https://www.cany.org.uk/warmandwell/
- North Yorkshire Council's **Choices4Energy service** provides free advice and support to residents help them keep their home warm and reduce their fuel bills. Help is also available with funding for various types of support including urgent gas repairs when residents meet the relevant eligibility criteria: Choices4Energy | North Yorkshire Council
- The Council's **Wellbeing service** carries out free home safety and wellbeing checks to help people stay safe and maintain their independence at home. This includes falls prevention and identifying potential hazards in the home. People can be signposted to other agencies and charities where additional support is required: Wellbeing service | North Yorkshire Council

Be prepared and stay alert to cold weather

- Keep up to date with the latest weather forecast online, or with local and regional news programmes. Register for local weather alerts on the Met office website here: Weather-Health Alerting system registration form
- Be prepared for the cold weather when it arrives:
    - build up a stock of essential food items including non-cook foods and long-life milk
    - ensure you have enough medication at home to ensure you do not run out
    - wear layers of warm appropriate clothing
    - stay connected with friends, family and neighbours and ask for support if you need it
- Be aware of the dangers of frozen water if you are near ponds, lakes and rivers:
    - educate your family about the dangers of falling through ice into cold water and what to do in an emergency
    - avoid walking on ice which can crack and break and may not support your weight
    - closely supervise children and ensure they stay in a safe area
    - if someone falls through the ice, call emergency services immediately. Do not attempt to rescue them yourself as you could also fall in.

Prepare for the risk of flooding

- Winter weather can increase the risk of flooding. Check whether your property is at risk and sign up for local flood alerts and warnings: Get flood warnings by text, phone or email - GOV.UK
- Make a plan for what you would do if your home was affected by flooding, including where you could stay if you needed to leave your property.
- Keep important documents, medications, mobile phone chargers and emergency contact details in an easily accessible place.

Prepare an emergency grab bag

- If you may need to leave your home quickly due to flooding or severe weather, prepare an emergency grab bag in advance.
- Include essential items such as:
    - Prescription medicines and medical information
    - Important documents (or copies)
    - Mobile phone and charger/power bank
    - Emergency contact details
    - Warm clothing and blankets
    - Toiletries and baby supplies if needed
    - Food and water for a short period
    - Pet supplies where relevant
- This leaflet includes key information and phone numbers as well as a checkbox list for an emergency bag NYC A4 trifold document template

Priority Services Register

- Contact your water and electricity suppliers to see if you can join the Priority Services Register. This free support service helps people in vulnerable situations, ensuring you receive essential services and support during emergencies

Stay Connected

- North Yorkshire Connect is a free online directory that helps residents find local health, wellbeing, community, and voluntary sector services across North Yorkshire.
- It can be especially useful for accessing seasonal health information and support: Welcome to NY Connect | NY Connect

If you require digital support with accessing any information provided in this newsletter, please contact your local library.

On behalf of the Seasonal Health Partnership