



HEALES MEDICAL

Winter

SURVIVAL GUIDE

Top Tips

Keep warm

Be sure to pull out all your layers this winter! Cold weather conditions have been associated with various illnesses including common colds, flu, heart attacks, strokes and pneumonia. Wrap yourself up in several thin layers of clothing as well as hats, scarves and gloves to maintain your body heat.

Think about your drink

The festive season is a social time, however, remember to drink responsibly. Alcohol is a depressant and can leave you feeling irritable and low, as well as being aware of your blood alcohol levels for when you next need to drive...a few hours sleep may not be enough!

Get some shut eye

The occasional party can be good for the soul but be sure to get your 7-8 hours sleep at night! Sleep is your body's time to recover from the busy days. When you aren't working, don't play havoc with your routine with lots of late nights and lie-ins as this will make your return to routine difficult.

Make time for yourself

Having countless demands on your time over the winter can really take its toll. Set aside some time for yourself doing whatever you need to centre yourself and clear your mind. This could be a morning at a spa, a gym session or the 15 minute bubble bath you've planned before an early night. Having some "me time" can make a big difference.

Eat well

'Tis the season of over eating, but too much can leave you feeling bloated and fatigued. Try to ensure you are still getting your 5 a day (minimum) by making the most of seasonal fruit and veg such as mandarins, oranges as well as broccoli, carrots and cauliflower. Perfect for winter soups, stews and casseroles for that comfort food fix.

Have a breather

Take full advantage of any calm weather you get, it may be cold but wrap up warm and get outside! Health benefits include improving digestion, lower heart rate and blood pressure and helping to strengthen the immune system.

Plan and prioritise

The festive season is a busy one and can get overwhelming between family, friends, work, food, money and presents! Take some time to plan the week ahead, write lists, set a calendar, anything you can do to organise your thoughts and help to budget your time and money. Also, don't be afraid to say no!

Get your vaccinations

Respiratory viruses are more widespread in colder months, so be sure to get a flu vaccine if you get the chance or are eligible for a free jab. People over 50 and those considered immunocompromised are also eligible for a coronavirus booster jab.



Keeping warm this winter

Getting cold can affect your physical and mental health and with the current situation its important to find ways to keep yourself warm during the harsh temperatures.

Layer up

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Keep moving

Try not to stay sitting in one place for long periods of time, even if you can occasionally get up and walk around the house it will help with your circulation and core temperature.

Keep heat in and cold out

Open curtains during the day to let in sun light and warmth, but be sure to draw the curtains before it gets dark to keep that heat in.

Go around your home checking for any sources of draught such as window frames, key holes and underneath doors and find ways of blocking the cold out.

Heating

Try to keep your home to at least 18 degrees celsius in any room you may be using. If there are rooms you don't use, you can turn the radiators off in that room and close the door to help save on energy costs.

Support this winter

If you are struggling with energy costs this winter you can have a look at the [Citizens Advice Bureau's page on grants and benefits to help here.](#)

There is also information on support for energy bills on the [Age UK website here.](#)

You may also be entitled to the Governments Winter Fuel Payment, [you can see if you are eligible here.](#)

Winter driving top tips

- Be sure your car is well equipped for driving, it has been serviced, tyre conditions and pressures are correct, lights working, screen wash, oil and anti-freeze are kept topped up
- Make sure you have plenty of fuel in your tank for the journey you are making, with harsher weather conditions you don't want to get stranded
- Look for quality screen wash additives that will help to prevent freezing, with snow and grit on the roads, screens can become dirty affecting visibility
- Plan your route if you are driving in bad weather
- Keep family and friends informed of your location and make sure your phone is charged, many map apps are now able to share your live location
- If the weather is particularly bad, ask yourself if the journey is completely necessary

Winter Driving Emergency Kit

It is best to be over-prepared when driving in winter, in case of breakdown or harsh weather try to keep the following items in your car:

Ice Scraper and de-icer

You must, by law, keep your front and rear windscreen clear of snow and ice when driving. De-icer can make your windscreen easier to scrape.

Torch and spare batteries

If you ever breakdown and the daylight is gone or going you are going being stuck without any light can be dangerous and frightening.

Extra layers and blankets

If you do happen to break down, there could be a long wait before a recovery service can get to you. Keeping extra layers and blankets in the car can help you keep warm while you wait.

High-visibility jacket

Just in-case you need to leave your vehicle, having a high-vis jacket can help other drivers see you.

Boots

If you have any warm boots with a good grip it is good to keep them in your car in case you need to leave your vehicle, especially in snow and slippery conditions

First aid kit

A good-idea for any time of year, just in case of any minor injuries.

Jump-start cables

A cars battery can go flat regardless of the age of the car and this is more likely in cold weather. Also brush up your knowledge on jump-starting a car.

Food and drink

Keeping bottled water and non-perishable food in the car will also help to keep you comfortable in case of long waits in the car such as breakdown or traffic.

Shovel

Car wheels can easily get stuck in deep snow, having a shovel in the car means you can dig yourself out.

Reflective warning signs

Having 2 of these reflective signs will help warn other drivers to steer clear in case of a breakdown.



Give back this holiday season

Book Trust

Bring joy to children this Christmas with the magic of books

The BookTrust Christmas appeal raises money to send surprise book gifts to over 14,250 vulnerable children to bring joy and brighten their Christmas and support their work through the year.

<https://www.booktrust.org.uk/support-us/make-christmas-magical/>

The Trussell Trust

The Trussell trust work towards helping families who are pulled into crisis so they never have to be referred to a food bank. You can donate via the website or use it to find you nearest food bank.

Ways to get involved:

<https://www.trussell.org.uk/winter-ppc>

Crisis

Donate to Crisis at Christmas and help someone start a life beyond homelessness.

<https://www.crisis.org.uk/get-involved/donate-to-crisis-at-christmas/>

Centrepoint

Help to support vulnerable young people this Christmas by either volunteering in a range of roles or with donations that could help everything from their much needed support line to providing a safe, warm room for a young person.

See what you can do at:

<https://centrepoin.org.uk/support-us/appeals/safe>

Mind

This Christmas Mind are dealing with a mental health emergency, with more people struggling with their mental health than ever before. Donate this Christmas and help them to help others.

Donate here:

<https://www.mind.org.uk/donate/>

NSPCC

Help to support the NSPCC by donating to help fund their phone lines for children who need it this Christmas period.

You can donate here:

<https://www.nspcc.org.uk/support-us/ways-to-give/donate/>



If you need some support

MIND (The Mental Health Charity)

www.mind.org.uk

Helpline: **0300 102 1234**

SAMARITANS

<http://www.samaritans.org/>

Helpline: **116 123**

ALCOHOLICS ANONYMOUS

www.alcoholics-anonymous.org.uk

Helpline: **0800 9177 650**

Or go to their live chat box on their website.

SANELine

Meeting the challenge of mental illness

www.sane.org.uk

Helpline: **0300 304 7000**

PAPYRUS

(Prevention of Young Suicide)

www.papyrus-uk.org

Helpline: **0800 068 41 41**

NO PANIC

(Anxiety Disorders)

www.nopanic.org.uk

Helpline: **0300 7729844**

Cruse Bereavement Care

<https://www.cruse.org.uk/>

Helpline: **0808 808 1677**

Beat

(Eating disorder support)

<https://www.beateatingdisorders.org.uk/>

Helpline: **0808 801 0677**

Relate

Relationship support for everyone.

<https://www.relate.org.uk>

Live web chat through the website and you can find your local centre to book a call with.