

Be Prepared Stay Winter Wise!



Your **essential** guide to staying safe
and warm this winter

calderdale.gov.uk/winter

Calderdale
Council


CALDERDALE CARES
PARTNERSHIP


COST OF
LIVING
Calderdale

NHS

**Are you aged 75 to 79?
You can protect yourself
from serious lung infection**

Every year, thousands of older people need hospital care for respiratory syncytial virus (RSV) infection. It affects the lungs and can cause pneumonia.

RSV vaccination is the best way to protect yourself. Your age makes you a priority for a free NHS vaccine.

Your GP surgery will contact you to offer an appointment.

Get vaccinated, get winter strong

Staying safe, warm and well this winter

This Winter Wise guide provides top tips on how to make a personal winter plan so you, or someone you care for, can stay safe and warm during the colder months.

You'll find information on how to stay well as the wintry weather can aggravate or cause health problems.

There's support available which may help with the cost of living increases and how to save energy. Plus how to be prepared at home and traveling.

You'll also find a handy Winter Wise checklist and list of emergency contacts, although we hope you'll never need them.

Stay safe this winter, stay Winter Wise.

calderdale.gov.uk/winter



Get vaccinated, get winter strong

There are two essential vaccines that you may need this winter: flu and the COVID-19. Vaccines are the best way to protect yourself, friends, and family from these dangerous viruses.

GP practices, community pharmacies and midwives are offering the free NHS flu vaccine to people who:

- Are aged 65 and over (including those who will be 65 by 31 March 2023)
- Have certain health conditions (see website below for what's included)
- Are pregnant
- Are an unpaid carer
- Live with someone who has a weakened immune system
- Most children can get the children's flu vaccine

It's safe to have both vaccines at the same time, but you may need to book them separately. You do not need to wait to be contacted to get vaccinated. Speak to your community pharmacy team, GP practice or midwife. Get more information and book now at Winter vaccinations (NHS) and get winter strong!

Find out more at www.nhs.uk/wintervaccinations



Think Pharmacy First

Pharmacists are trained healthcare professionals. They can easily help with minor illnesses such as coughs, colds, sore throat, itchy eye, earache, and tummy trouble.



With no appointment needed, local pharmacy teams offer a fast and convenient service. If needed, they can speak to you in the privacy of a consultation room.

Most pharmacies can also offer prescription medicine for some conditions, without you needing to see a GP or make an appointment. This is called Pharmacy First.

Conditions they can offer prescription medicine for are:

- impetigo (aged 1 year and over)
- infected insect bites (aged 1 year and over)
- earache (aged 1 to 17 years)
- sore throat (aged 5 years and over)
- sinusitis (aged 12 years and over)
- urinary tract infections (UTIs) (women aged 16 to 64 years)
- shingles (aged 18 years and over)

If you are not within these age ranges, a pharmacist can still offer advice and support decisions about self-care treatment with over-the-counter medicines, but you may need to see a GP for treatment.

There are over 40 community pharmacies in Calderdale, and most are open evenings and weekends.

So, don't wait for minor health concerns to get worse – think pharmacy first and get seen by your local pharmacy team.

For more information, visit www.nhs.uk/thinkpharmacyfirst

Is your first aid kit ready for winter?



Check your first aid kit is well stocked for winter to help you and your family self-care for minor illnesses and injuries. There are a number of things you can have in your first aid kit for any such eventualities:

Alcohol based hand sanitiser	<input type="checkbox"/>	Antiseptic cream	<input type="checkbox"/>
Thermometer	<input type="checkbox"/>	Antihistamine tablets	<input type="checkbox"/>
Painkillers such as paracetamol or ibuprofen (or infant paracetamol for children)	<input type="checkbox"/>	Plasters	<input type="checkbox"/>
		Tweezers	<input type="checkbox"/>
Cough medicine	<input type="checkbox"/>	Sterile gauze dressing	<input type="checkbox"/>
Cold/flu relief drinks or capsules	<input type="checkbox"/>	Bandages	<input type="checkbox"/>
Throat lozenges	<input type="checkbox"/>	Alcohol-free cleansing wipes	<input type="checkbox"/>
Diarrhoea relief	<input type="checkbox"/>	Vitamin D	<input type="checkbox"/>

All of these items are available from your local community pharmacy, shops and supermarkets. You can find your nearest community pharmacy and view their opening hours at: [togetherwe-can.com](https://www.togetherwe-can.com)

If you or someone you live with takes other medication regularly, check with a member of your pharmacy team before you take over the counter medicine.

Looking after your wellbeing this winter

If you, or a loved one, need help with your mental health help is available. You do not need to have used mental health services before.

NHS talking therapies

Feelings of stress, low mood, worry, anxiety and depression can affect us all. NHS Talking Therapies can help people aged over 18 with common mental health problems. Support is available in person, by video, over the phone or online. You can refer yourself to NHS Talking Therapies. Visit: nhs.uk/talk

24-hour mental health support

Confidential telephone access to help adults in a mental health crisis is available 24 hours a day by calling NHS 111 and selecting the mental health option.

Support for children

Open Minds Calderdale provides advice, information, support and signposting on local and national emotional health and wellbeing services that help children, young people and families who are going through a difficult time www.openmindscalderdale.org.uk

Night Owls

Night Owls is a confidential overnight listening and advice service line for children, young people, their parents and carers who live in Calderdale available every day, 8pm-8am.

If a child or young person you care for is in a crisis and you are concerned about their emotional wellbeing contact Night Owls.

Call: 0800 1488 244 (free)

Text: 07984 376950 (charges may apply)

Chat: wynightowls.org.uk

Night Owls can help if you:

- feel you have nowhere to turn
- feel you can't go on living
- are in a crisis
- are finding it hard to cope with life
- are feeling angry, lonely, anxious or depressed
- are feeling confused or finding it hard to think straight
- are feeling unsafe
- are caring for a young person
- just want to talk



When we move, we're stronger. One of the most important things that we can do to stay physically and mentally well over winter is to move regularly - every day if you can. Spending at least 10 minutes each day on small exercises can help us to keep mobile, improve our stability, boost our immune system, and leave us feeling happier and healthier.



Energy bills



Pension credits



Family support



Employment and training support

Cost of living support – help is at hand

Take a look at the Cost of living support webpage. There may be something that helps you or someone you know. Keep checking back as we are adding new content regularly:

www.calderdale.gov.uk/mwic



Could you be eligible for a benefit?

Anyone who is struggling financially can get a benefit check and speak to an advisor for free and confidential advice. A benefit check can ensure that you are receiving all the money you're entitled to, especially if your circumstances have changed recently. Speaking to an advisor could also help you with managing gas and electricity bills and make sure you're not missing out on things like free school meals.



We have produced a local step by step guide to help you get the right support. www.worryingaboutmoney.co.uk/calderdale

You could save money on your prescriptions

If you are on a low income or pay for more than three prescription items in three months, or 11 items in 12 months, you could save money on your prescriptions.

A Prescription Prepayment Certificate covers all NHS prescriptions for a set pre-paid price, or you can spread the cost over 10 direct debit payments. People on a low income could be entitled to help with costs or free prescriptions through the low-income scheme, depending on your circumstances.

You can check if you're eligible for free prescriptions www.nhsbsa.nhs.uk/check or find out more about the Prescription Prepayment Certificates www.nhsbsa.nhs.uk/ppc

You don't have to heat the whole house to keep warm

- Eat regularly and try to have at least one hot meal a day
- Keep your feet warm with rugs and slippers
- The floor can be the coldest place in the house, so put your feet up!
- Layer clothing to keep in the heat
- Use a blanket or duvet to keep warm whilst watching TV
- Safely use a hot water bottle
- Walk or exercise to keep warm Active Calderdale have some great tips at active.calderdale.gov.uk



Energy saving tips

By fitting insulation to your home, you will stop heat escaping, making it feel warmer for longer and also cheaper to heat. Calderdale Council have various schemes running throughout the year that could support you with the cost of insulation and heating measures.

These schemes change on a regular basis and for some schemes you may qualify for the work to be completed fully funded.

Each scheme will have different qualifying criteria and for the majority of schemes you don't need to be claiming a benefit to qualify. Plus, even if you have not been eligible before, this may change with different schemes, so get in touch to find out what's available.

If you are interested in any of our schemes, and meet the qualifying criteria, please email Healthyhomes@calderdale.gov.uk, or call 01422 392199 and a member of our Healthy Homes Service team will get in touch.

Quick tips

- If you can, try and heat your home to at least 18°C to keep warm and healthy.
- Move furniture away from radiators – obstructing radiators stops the heat flow around the room.
- Turn appliances off at the wall, including microwaves, ovens, TV, gaming components, mobile phone charger, anything that still uses electric when switched “off”. Standby energy can use 10% of your electricity, so for every £10 spent, £1 is wasted!
- Draw the curtains before it's completely dark, tuck them behind the radiator if it is under the window. Keep the warmth in, keep the cold out.
- Fit draught proofing around your doors and windows, you'd be surprised how much heat can be lost.
- Don't overfill the kettle. Use only the water you need by only boiling the amount you need. You will avoid wasting energy and money saved can be used for heating instead.

Be prepared at home



Clearing paths and snow code - Clearing paths of ice and snow will help you and your neighbours. Follow the national snow code at www.metoffice.gov.uk



Heating - Keep your room temperature between 18-21°C if you can. If you are unsure about your energy tariff and want to discuss if this is the correct one for you, call CAB on **0800 278 7879**.



Vulnerable neighbours - Check on older neighbours or relatives. Offer assistance when needed, such as clearing paths, moving bins or collecting essential food or prescriptions.



Stock up on items - Stock up on non-perishable items, such as tinned food, nappies and cleaning products.



Animals - Ensure that you have enough animal food to last several days. Don't leave them outside in cold weather.



Heating oil - If you use oil, LPG, wood products or solid fuel make sure that you have a sufficient supply. The Buy Oil Early campaign highlights benefits, including lower prices and prompt delivery. www.acre.org.uk

You could be eligible for £150 off your electricity bill for winter, see: www.gov.uk/the-warm-home-discount-scheme

Citizen's Advice Bureau provide affordable warmth solutions for Calderdale families struggling with fuel bills. Call **0800 278 7879** to arrange a telephone appointment with your local energy advisor.

Be prepared for floods

Help protect yourself and your home from flooding by being prepared.

- Go to eyeoncalderdale.com for advice and information and how to sign up for alerts and warnings
- If you see flooding or a potential risk of flooding report it at calderdale.gov.uk/flooding.



Insurance - Make sure you have adequate insurance cover. The Flood Re scheme can help to keep costs down - see floodre.co.uk



Possessions - Keep vital possessions upstairs or stored as high as possible in waterproof containers. Have plans in place to move such items at short notice.



Contacts - Make a list of useful phone numbers you may need and add **ICE** (In Case of Emergency) to the beginning of one number on your list. This is the phone number the emergency services will look for and phone if something should happen to you.



Utilities - Make sure you know where to turn off your gas, electricity and water supplies. If you are not sure, ask the person who checks your meter when they next visit.



Kit bag - Prepare a kit bag in case you need to evacuate your home.



Flood protection - Install flood resistance measures (e.g. barriers, drain sealers and anti-flood air bricks) and resilience measures (e.g. sump pumps, raised electrics and water-resistant building materials) and test them regularly.

Be prepared for travel

There are a few preparations and checks you can do to ensure that you are safe to travel this winter. If in any doubt, get your car checked out at your local garage.



Check weather - Before travelling, check weather forecasts and keep up to date with the latest warnings.



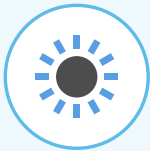
Snow - If your car is covered with snow, ensure you remove all the snow off the whole of the car before you set off. In snow and severe winter conditions, plan your route carefully and stick to the main roads and valley bottoms.



Check tyres - Make sure your tyres have good tread and enough air in them.



Check antifreeze - Make sure you check your antifreeze, screen wash and oil levels.



Vision - Check that you have a windscreen demister and keep all windows as clear as possible. Clear any snow off your headlights, rear lights and side lights. Cyclists should wear reflective clothing when cycling in the dark.



Emergency kit - Have a kit in your car that includes:

- | | |
|--|--|
| <input type="checkbox"/> Warm clothes and blankets | <input type="checkbox"/> Boots |
| <input type="checkbox"/> Charged mobile phone | <input type="checkbox"/> First aid kit |
| <input type="checkbox"/> Torch and spare batteries | <input type="checkbox"/> Jump leads |
| <input type="checkbox"/> Food and hot drink thermos | <input type="checkbox"/> A shovel |
| <input type="checkbox"/> Any medication you take regularly | <input type="checkbox"/> Road atlas |
| | <input type="checkbox"/> Sunglasses (for snow glare) |

Your winter checklist

Please take some time to complete this checklist to ensure you have prepared for winter.



Stock up

☐

on non-perishable items such as tins and nappies



Possessions

☐

keep vital possessions upstairs. Write a flood plan



Animals

☐

stock up on food



Contacts

☐

handy list of essential contacts, e.g. GP, pharmacy



Heating oil

☐

stock up on fuel if used



Utilities

☐

know how to turn off gas, electricity and water supplies



Check tyres

☐

check air and ensure good tread



Kit bag

☐

prepare a bag in case you need to leave your home



Antifreeze

☐

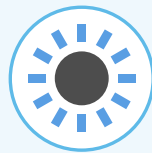
check antifreeze, screen wash and oil levels



Flood protection

☐

install flood resistant measures



Vision

☐

check your driving visibility including window demister



Get your winter jabs

☐

contact a GP or pharmacist about getting a flu and COVID-19 jabs



Insurance

☐

make sure you have adequate cover



Prescriptions

☐

order prescription medicine in good time

Emergency contacts

Always dial 999 in a life threatening emergency.

Public safety non-emergency police service

- Visit [westyorkshire.police.co.uk](https://www.westyorkshire.police.co.uk) or dial 101

Health and wellbeing

- Minor injuries or urgent medical care when your GP practice or community is pharmacy is closed, visit [111.nhs.uk](https://www.nhs.uk) or dial 111
- For details about local services visit [togetherwe-can.com](https://www.togetherwe-can.com)
- **Safeguarding concerns** - Multi Agency Screening Team (children) 01422 393336, Gateway to Care (adults) 01422 393000, out of hours Emergency Duty Team 01422 288000

For local updates during an emergency

- Visit www.calderdale.gov.uk and search emergencies
- @Calderdale on X (Twitter)
- Calderdale Council on Facebook

Utilities

- Power cuts: call 105 to report or visit [northernpowergrid.com](https://www.northernpowergrid.com)
- Water supply: visit [yorkshirewater.com](https://www.yorkshirewater.com)

Weather

- **Weather warnings** visit met office [metoffice.gov.uk](https://www.metoffice.gov.uk)
- **Flooding** visit [eyeoncalderdale.com](https://www.eyeoncalderdale.com) or call 0345 988 1188
- **Report flooding:** rivers - 0345 988 1188; surface water - 01422 288002 (01422 288000 out of hours) or visit [calderdalecouncil.custhelp.com](https://www.calderdalecouncil.custhelp.com)
- **Highways winter service, gritting and reporting a blocked gully:** [Calderdale.gov.uk](https://www.calderdale.gov.uk)

Roads and transport

- Traffic alerts: [theaa.com](https://www.theaa.com)

Public transport disruption

- Visit: [wymetro.com](https://www.wymetro.com)

If you need urgent help and don't have internet access call
01422 392890

If you would like to request this leaflet in another language or in an accessible format, such as large print or audio, please contact:
ecomunications@calderdale.gov.uk

اگر آپ کو یہ معلومات کسی دوسری زبان
یا شکل میں چاہیے تو رابطہ کریں:

আপনি যদি এই তথ্য অন্য কোন মাধ্যম অথবা ভাষায় চান
তাহলে দয়া করে যোগাযোগ করুন :

Jeśli chciałbyś ta, broszurę w innym
formacie, proszę zadzwonić

Pokud byste chtěli tyto informace v jiném jazyce, pošlete e-mail

Let us know what you think of this Winter Wise guide by emailing
ecomunications@calderdale.gov.uk

