

Get Winter Ready



Heating: Cold homes are bad for health

If your home is cold and damp, your health may suffer. Do you know where to go to get support to pay your bills?

Eating: Reduce your risk of illness



Eating well can help you stay warm and well this winter. Do you know where to go to get support to feed yourself and your family?



What keeps you strong?

Taking care of your mind as well as your body is really important. Do you know where to get support if you are not able to cope with how you feel?

What could go wrong this winter?



If something was to go wrong with your health or something in your home, like a boiler, who would you call? Fill out our winter ready plan to be prepared.



Who else can you help be winter ready?

Are you friends, family and neighbours ready for winter? Use this checklist to make sure they stay well this winter and support them to get the help they need.

To find out what is available:

www.southtyneside.gov.uk/article/38248/Winter-health-advice



Injured or unwell? Use the right service



Self-care

- Grazed knees
- Sore throat
- Coughs & colds

Visit nhs.uk for self-care advice

Pharmacy

- Headaches
- Upset stomach
- Aches & pains
- Bites & stings

111
NHS 111

Visit 111.nhs.uk or call 111 for advice and support

24 hours a day
7 days a week

GP

Call your GP for symptoms that won't go away

Minor Injury Unit

Urgent but not life-threatening

- sprains
- fractures
- burns

999
A&E

- Unconscious
- Breathing difficulties
- Stroke
- Heart attack
- Heavy bleeding
- Severe burns

#ChooseWell

My winter plan

| If this goes wrong... | Then I will call... |
|---|---|
| <i>I cannot pay my bills</i> | <i>Citizens Advice 0344 4994 715 Welfare Support Service 0191 424 6040 Age Concern Tyneside South 01914566903</i> |
| <i>I cannot feed my family</i> | <i>Hospitality and Hope on 0191 420 3336 Key 2 Life Foodbank on 07833 613393 Hebburn Helps on 0191 489 9707</i> |
| <i>I am a victim of domestic abuse</i> | <i>National Helpline 0808 2000 247</i> |
| <i>I am struggling to heat my home</i> | <i>Groundworks Green Doctor 0113 238 0601</i> |
| <i>I am struggling with my mental health</i> | <i>Samaritans 116 123 Adults: www.qwell.io/ Young People: www.kooth.com/</i> |
| <i>I am struggling with housing</i> | <i>Housing Solutions Service 0300 123 6633</i> |
| <i>My gas, electric and water suppliers are</i> | |
| <i>My landlord is</i> | |
| | |
| | |
| | |
| <i>Neighbours and friends I will check on</i> | |