



Your essential guide to wellbeing this winter

Information, advice and support





Our Stay Well Squad are focusing on the health and wellbeing of our residents, to help them be more resilient and better equipped to ward off viruses to stay illness free this winter.

The team are working with a wide range of partners offering information, advice and support on a range of personal health and wellbeing issues. Further information can be found at cheshireeast.gov.uk/wellbeing

We now find ourselves in a different phase of the pandemic, seasonal illnesses are still disrupting everyday life for us but not in the way it did at the height of the pandemic.

We would like to take this opportunity to thank all of our residents and businesses for following the latest safety guidance.

A winter wellbeing campaign has been developed which has the aim of reducing the number of people who become so ill that they require admission to hospital in Cheshire East.

The campaign seeks to provide information about the increased cost of living, how we can maximise our income and manage our money effectively. Advice to residents on how to stay safe, well and warm during the colder weather is also available.

Good hand and respiratory hygiene are important for stopping the spread of many bugs. Washing hands properly with soap for 20 seconds, using a tissue to catch coughs and sneezes, and keeping away from others when feeling unwell, will reduce the risk of picking up or spreading infections.

Find out more at cheshireeast.gov.uk/winterbugs



We are thankful to those who chosen to protect themselves, their family, friends and the wider community by having their Covid-19 and flu vaccinations.

We would urge all of our residents who are eligible to get the Covid-19 booster and flu jabs.

The seasonal booster is safe, effective and the best way to prevent serious illness from Covid-19.

The booster dose appointments of the Covid-19 vaccine can be booked on the [NHS National Booking Service website](https://nhs.uk) or by calling 119. You can also get a Covid-19 vaccine without an appointment by searching for a [NHS local walk-in vaccination clinic](https://nhs.uk) online.

The following groups are eligible at the time of printing for a Covid-19 booster vaccine to increase protection against respiratory viruses this winter:

- ✓ Aged 50 and over
- ✓ Pregnant
- ✓ Aged 5 and over and at high risk due to a health condition
- ✓ Aged 5 and over and at high risk because of a weakened immune system
- ✓ Aged 16 and over and lives with someone who has a weakened immune system
- ✓ Aged 16 and over and is a carer, either paid or unpaid
- ✓ A frontline health and social care worker

Please note that it must have been at least 3 months since your last Covid-19 vaccine dose to be eligible for the booster.



You will also be helping to protect our most vulnerable residents who need more support, care and welfare.

Learn more and find your nearest vaccination clinic at cheshireeast.gov.uk/covid-vaccine

Ward off winter illness



Protecting ourselves and those we love over winter means staying safe, being vigilant, keeping warm and eating well. Cold weather can make some health problems worse and even lead to serious complications. The table below will help you tell whether you have a cold, flu or Covid, to allow you to stay illness free and to make sure you have the medical essentials you need at home.

The difference between Covid-19, flu and cold symptoms

Symptom	Covid-19	Flu	Cold	Guide:
Aches and pains	✓	✓	—	✓ Common
Cough	✓	✓	✓	— Sometimes
Diarrhoea	—	—	✗	✗ Very rarely
Fatigue	✓	✓	—	
Fever	✓	✓	—	
Headaches	✓	✓	—	
Loss of taste/smell	✓	✗	✗	
Runny nose	—	—	✓	
Shortness of breath	✓	—	✗	
Sore throat	✓	✓	✓	

Medicine box essentials checklist

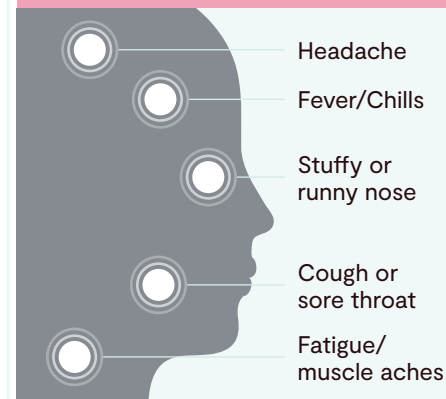
- ✓ Plasters/bandages
- ✓ Painkillers
- ✓ Antiseptic cream/spray
- ✓ Covid-19 lateral flow tests
- ✓ Cough medicine
- ✓ Lozenges/throat sweets
- ✓ Cold and flu tablets
- ✓ Anti-diarrhoea tablets
- ✓ Rehydration powders
- ✓ Indigestion treatment

Stay illness free this winter



Do you know how to prevent illnesses from spreading to you, your family, your workplace and others? Learn how to **SPOT, STOP, TREAT** and **PREVENT** illnesses this winter.

Spot symptoms



Treat

- ✓ **Rest! Rest! Rest!**
- ✓ **Contact 111 or your pharmacy** this winter initially before going to your GP or to the hospital
- ✓ **Make an appointment with your doctor** if your symptoms are persistent or get worse
- ✓ **Drink plenty of water**
- ✓ **Stay home** and away from others

Stop the spread

- Cover your mouth** and nose with a tissue when you cough or sneeze, or cough/sneeze into your elbow
- Wash your hands** often with soap and water. Use hand sanitiser when available
- Avoid touching** your mouth, eyes and nose
- Clean surfaces** with disinfectant at home and in the office
- Throw away** used tissues
- Try and stay at home** if you are sick or feel unwell
- Avoid contact** with sick people

Prevent

Get the Covid-19 and flu vaccines as soon as you can

For more information on how to stay well this winter and on illnesses such as colds, flu, norovirus and many more visit nhs.uk/conditions

For information and advice on Strep A, including what signs to look for, visit ukhsa.blog.gov.uk/2022/12/05/group-a-strep-what-you-need-to-know

Food help



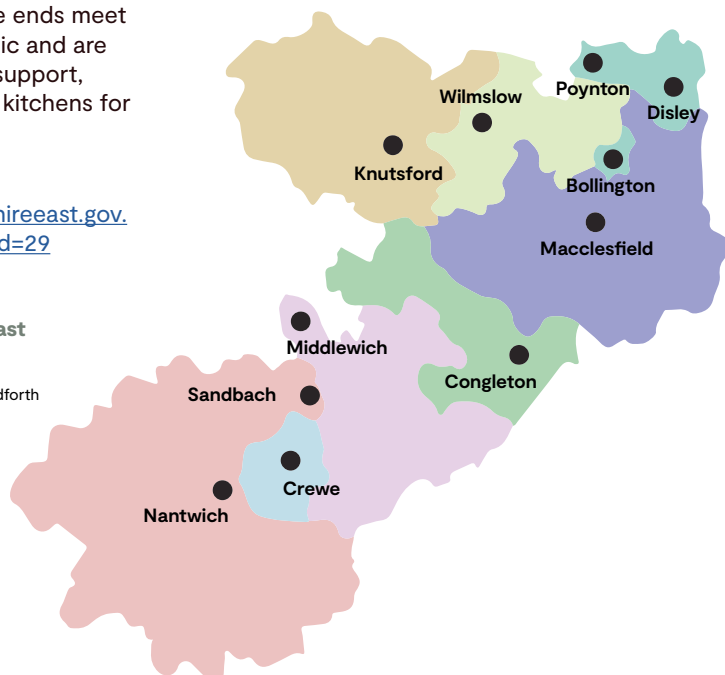
Food banks

Some residents in Cheshire East are struggling to make ends meet following the pandemic and are turning to additional support, food banks and soup kitchens for food supplies.

Find out more at livewellservices.cheshireeast.gov.uk/Search?CategoryId=29

Food banks and soup kitchens in Cheshire East

- Knutsford, Colshaw, Handforth
- Wilmslow, Lacey Green
- Congleton
- Crewe
- Macclesfield
- Nantwich, Sandbach
- Middlewich, Alsager



- Alsager and District Food Bank
- Cre8 Macclesfield
- Hope Central Colshaw
- Hope Central Handforth
- Hope Central Knutsford
- Hope Central Lacey Green
- The Lighthouse Centre Soup Kitchen
- Macclesfield Community Kitchen
- Middlewich and District Food Bank
- Nantwich Food Bank – The Trussel Trust
- Salvation Army Community Drop-in Centre, Crewe
- Salvation Army Food Parcels, Crewe
- Sandbach Food Bank
- Silklife Foodbank
- St. Paul's Pantry Foodbank
- The Storehouse Foodbank – New Life Church, Congleton
- Wilmslow Food Friend



If you are struggling to afford enough food to feed yourself and your family and need help, the items below are available at food banks throughout Cheshire East:

Examples of non-perishable food items likely to be available:

Canned goods: soup, tomatoes, beans, canned fruits and vegetables

Long-lasting drinks: UHT milk, fruit juice, tea bags and coffee

Food cupboard items: pasta, rice, cereals, lentils, beans and pulses

Spices

Baby food

Examples of non-food items likely to be available:

Toiletries: toothpaste, toothbrushes, deodorant, toilet paper, shower gel, shaving gel, shampoo, soap, hand wipes, female hygiene products

General household items: laundry liquid detergent, laundry powder and washing up liquid

Baby supplies: nappies and wipes

Clothing: thick, warm clothes, woolly scarves, hats, gloves, thick lined coats



If you don't need the help and support of a food bank and can afford to, why not donate the items above to help residents in your area who are struggling and need the extra help?

You can donate directly to your local food bank or at collection points, such as in supermarkets.

Food help



Eating well is essential to staying well over winter. But this year, many people may find it tough to afford even essential groceries. However, there is plenty of help and support out there including food banks, community kitchens, free school meals and even apps to help get the nutrition you need for less.



Free school meals

We provide two types of free school meals to children attending a school within Cheshire East.

- **Free school meals for infants**
- **Income related free school meals (IRFSM)**

We suggest you do make a claim for free school meals even if your child is in Key Stage 1 as the school can claim additional funding (pupil premium) for new equipment and resources.

You can apply for nursery-age children if they attend before and after lunch sessions at a local authority nursery school, nursery class or an Academy nursery if it has the same Ofsted number as the primary school.

Phone **0300 123 5012** or visit cheshireeast.gov.uk/schools for further information and help.

Other useful links

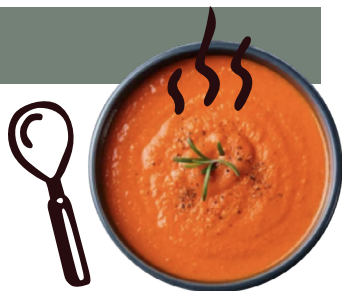
We all need our food budget to stretch further, yet still make healthy and nutritious meals for all the family.

bbc.co.uk/food/collections/1_dinners

jackmonroe.com

worryingaboutmoney.co.uk/cheshire-east

Cheshire East Council are not responsible for content on external sites.



General advice



Recipe Ideas

We're all looking for ways to eat well and save money, in particular ways to avoid using the oven, one of the more expensive appliances in the home.

Maybe you're digging out those gadgets from the back of the cupboard that haven't seen much use before, including the slow cooker!

If this sounds familiar and you're looking for some recipe inspiration, there are [over 100 slow cooker recipes](#) to try on the BBC Food website. Whether it's a hearty stew, slow cooked curry or even something sweet, hopefully there will be something to spur you on to use the slow cooker more.

Money Tips

It can sometimes be hard to find information on the benefits we may be entitled to, but help is at hand!

On the Gov.uk website there are some [Benefits Calculators](#) which help you check what you are entitled to, how much you might be entitled to and how your benefits may be affected if your circumstances change.

You'll need a few bits of information to hand when using the calculators, such as payslips, outgoings, savings and council tax bill.

Keeping Warm

It's important to keep warm in order to maintain good mental and physical wellbeing but with the cost of energy it can be a tough balancing act.

Moneysavingexpert.com shared an article about [heating the human not the home](#), advising ways you can stay warm without having to resort to turning the heating up.

The article includes a cost comparison of different methods to keep warm and some simple reminders around wearing layers and keeping your feet warm. They may seem like obvious suggestions but it can help to remind yourself every now and then.

Fuel and energy help



Many people are worried about the cost of heating their home this winter, and may struggle to keep warm. As with food though, there are various support schemes available to help with fuel bills.

Cost of living

Concerned about the
Cost-of-Living?

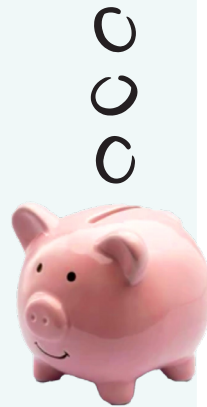
visit: [cheshireeast.gov.uk/costofliving](https://www.cheshireeast.gov.uk/costofliving)

Many of us are concerned about the increased cost of living and how we can maximise our income and manage our money effectively.

We have brought together a list of support available nationally and locally for residents of Cheshire East.

The Cost of Living Crisis Team are available on 0300 123 5024 between 8.30am to 5pm Monday to Friday.

Further information about help available can be found on [gov.uk/cost-of-living](https://www.gov.uk/cost-of-living)



Fuel and energy help



There is lots of information available online on how to keep warm and keep your energy bills low. Take a look at the suggested websites and advise friends or neighbours who may be interested too

WARM PLACES

Keeping Cheshire East warm

This Winter will be a challenging time for everyone. Which is why Cheshire East Council have created a network of Warm PlaCEs where people can keep warm, access hot food, and enjoy social activities in a supportive environment – what's available varies by location.

If you have space and a suitable venue, and would like to get involved, or to simply register your support for the Warm PlaCEs scheme, please visit www.cheshireeast.gov.uk/costofliving or call 0300 123 5024.

You'll also find details of our Warm PlaCEs charter and potential grant funding for community groups on our website.



Scan the QR code for more info.



www.cheshireeast.gov.uk/costofliving



Physical health



The benefits of exercise

Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and happier life.

People who exercise regularly have a lower risk of developing many long-term (chronic) conditions, such as heart disease, type 2 diabetes, stroke, and some cancers.

Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, clinical depression, dementia and Alzheimer's disease.

To stay healthy, you should try to be active every day and aim to do at least 150 minutes of physical activity over a week, through a variety of activities.

Ways to keep fit during winter



Physical health



Your path to wellness. Find it in nature.



Green

Nature can do wonders for the mind and body. Especially with our range of weekly activities; from simple nature walks, wildlife friendly gardening to wildlife surveys and creative workshops. Sign up now and see how wildness can help your wellness.

Sign-up today

01270 685589 ebhealthy@everybody.org.uk
www.everybody.org.uk/green-spaces-for-wellbeing



Green Spaces
for Wellbeing

AT EVERY STAGE OF YOUR LIFE, WE ARE HELPING YOU TO LIVE WELL AND FOR LONGER, OFFERING A WIDE RANGE OF SERVICES ACROSS CHESHIRE EAST INCLUDING:

- Health and fitness memberships for gym, swim and classes at 16 locations across Cheshire East, with a range of sport activities also included
- Targeted health programmes such as a physical activity programme for those recovering from illness or have a long term medical condition, balance and mobility classes and more
- Disability and inclusion sessions including: Activity Hubs Inclusive Cycling, Activ8 Soft Play, holiday activities
- A range of sporting activities for people of all ages
- Learn to swim scheme



Physical health



Mental health and wellbeing



Staying hydrated

It's critical that we stay hydrated throughout the winter months

Cold temperatures can reduce the body's thirst sensation by up to 40%. Spending time inside working, sleeping, and going about your day indoors exposes you to dry heat for much of your day. This can make you lose fluids and become dehydrated.

Our body needs water to:

- regulate (control) body temperature (through sweating and breathing)
- lubricate joints (to keep joints moving freely)
- dissolve nutrients and minerals for the body to use
- carry nutrients and oxygen around the body
- help to flush viruses and infections out of the body
- help prevent dry/cracked skin due to cold weather
- help aid digestion and safely consume medication.

Symptoms of dehydration:

- Headaches
- Dry mouth
- Dry skin
- Dizziness
- Lack of energy
- Problems concentrating
- Not going to the toilet regularly



Tips

- Drink a glass of water as soon as you wake up and before you go to bed
- Eat lots of water-rich fruits and vegetables: Cucumbers, watermelon, grapes
- Carry around a reusable water bottle to prompt you to drink regularly
- Flavour your water with herbal/fruit tea
- Use this healthy wee chart to see how hydrated you are.
- Aim for a pale, clear colour. Dark yellow wee means that you are dehydrated, so drink more to rehydrate.



- 1 Very good
- 2 Good
- 3 Fair
- 4 Light dehydrated
- 5 Dehydrated
- 6 Very dehydrated
- 7 Severe dehydrated

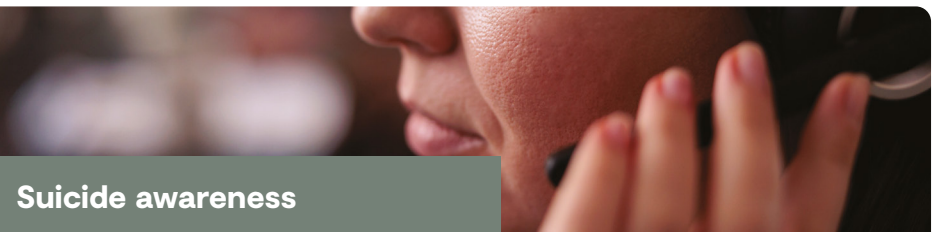


Five steps to mental wellbeing

Evidence suggests there are five steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

1. Connect with other people
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the present moment (mindfulness)

nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing



Suicide awareness

If you are struggling with your mental health and need urgent support take a look at the many agencies who can help.

cheshireeast.gov.uk/livewell/health-matters/keeping-well/suicide/suicide

Contact us

0300 123 5500

cheshireeast.gov.uk

 [CheshireEastCouncil](https://www.facebook.com/CheshireEastCouncil)

 [Cheshireeast](https://www.instagram.com/Cheshireeast)

 [CheshireEast](https://twitter.com/CheshireEast)

 [Cheshire-East-Borough-Council](https://www.linkedin.com/company/Cheshire-East-Borough-Council)

We are aware that some of the advice within this booklet requires internet access.

Residents are welcome to attend our libraries or other community resources where they can access a computer and the internet, plus a warm room.



cheshireeast.gov.uk/livewell

