MAIDENHEAD PRIMARY CARE NETWORK

❄ KEEPING WELL OVER WINTER ❄

Tips to stay safe, healthy, and warm this winter

Keep Your Home Warm

- 🌡 Maintain **18°C (64°F)** in bedrooms and living areas
- 🚪 Close doors to unused rooms
- Shut curtains at dusk to keep heat in

Dress for the Cold

- 🧥 Layer clothing rather than one thick layer
- 🧢 Wear a **hat, gloves, and warm socks**
- 🧦 Keep feet and hands especially warm

Eat Well & Stay Hydrated

- 🍲 Have at least **one hot meal daily**
- 💧 Drink plenty of water and warm fluids
- 🛒 Keep a supply of staple foods in case bad weather limits shopping

Stay Active

- 🚶 Move regularly; don't sit still for long periods
- 🧘 Gentle exercises like walking, stretching, or light home workouts
- 🤸 Helps maintain mobility and boosts mood

Medication & Vaccinations

- 💉 Get **flu and COVID-19 vaccines** if you're at risk
- 📞 Ensure your repeat prescription is up to date

MAIDENHEAD PRIMARY CARE NETWORK

Prevent the Spread of Germs

- 🧼 Wash hands frequently with soap and water
- 🤧 Cover coughs and sneezes with a tissue or elbow
- 🌬️ Ventilate rooms by opening windows when safe

Mental Health

- Keep in touch with friends and family to reduce isolation

Financial & Heating

- Check your receiving all entitled benefits
- Ask councils or energy providers for advice on reducing heating costs

⚠️ Emergency Preparedness

- Keep a list of emergency contacts (GP, pharmacy, family/friends)
- Have essentials ready: medications, torch, blankets
- Take care in icy conditions—wear shoes with good grip

📞 Useful Contacts

- Should you have any questions regarding any of the above please email our Social Prescribing Team on be-pct.socialprescribing@nhs.net or call 01628 876815 to request a call back.
- **Age UK Advice Line:** 0800 678 1602 (8am–7pm)
- **NHS 111:** 111 or www.111.nhs.uk
- **Mental Health Crisis Team:** Crisis Resolution and Home Treatment Team (CRHTT) | Berkshire Healthcare NHS Foundation Trust or call 0800 129 9999

Stay warm, stay safe, and look after your health this winter!