



TIPS TO STAY WELL



Advice to help you stay well all year round...

Eat well

To stay well, it's important you eat a balanced, nutritious diet.

- **Nottinghamshire Good Food** can advise on healthy, affordable food: www.nottinghamshire.gov.uk/goodfood.
- **County Enterprise Foods** deliver healthy meals from local suppliers. Go to: www.countyenterprisefoods.co.uk or call: 01623 490015
- **Nottingham City Council** provide Meals at Home to city residents. Email: mealsathome@nottinghamcity.gov.uk or call: 0115 876 1847

Be prepared

Stay warm in winter – heat your house, or even the room you are in, to at least 18 degrees. Evidence suggests this is better for heart and lung health, sleep and general health. **Beat the heat in summer**: drink plenty of fluids, keep out of the sun during the hottest time of the day and apply sunscreen regularly. **Stay connected**, keep in touch with family and friends.

Keep a list of emergency contacts. Top up your first aid kit and store cupboard items.

Get vaccinated!

If you are 75 years or older, or at greater risk of complications from flu, pneumonia or Covid-19 due to long term health conditions it is important to get vaccinated. Speak to your surgery or local pharmacy for more information. Shingles vaccines are available for people aged 65yrs+, and RSV (respiratory syncytial virus) vaccine is now available if you are 28 weeks pregnant or more or aged 75yrs – 79yrs. These vaccines help to reduce risks as you get older and are available from your GP surgery. If you have a severely weakened immune system you may be offered vaccination earlier.

Looking after your home

Age UK provide energy saving tips, information and signposting if you are aged 50+. They can also maximise your income through benefit checks and fit **free** energy saving devices. Email warmandwise@ageuknotts.org.uk or call: **0115 8599209**

Green Doctor - [Green Doctor \(stay warm, healthy and financially resilient\)](#)

Nottingham Energy Partnership provide support with insulation and heating improvements, plus advice on available grants. For more information, go to: www.nottenergy.com/our-services/healthy-housing/ or call: **0115 985 9057**

For support to get you more active, eat healthier, manage your weight, drink less alcohol or to stop smoking please contact:

For Nottinghamshire County residents - Your Health Notts at yourhealthnotts.co.uk or call on 0115 772 2515

For Nottingham City residents - Thriving Nottingham thrivingnottingham.org.uk or call on 0115 648 5724

Keep active
Exercise can boost your mind and body and helps to protect your immune system. Just 30 minutes a day can help you stay strong and independent, even moving regularly helps you stay more steady.

For ideas visit: www.nhs.uk/live-well/exercise/

Local council support

Councils across Nottingham and Nottinghamshire offer a wide range of services to support local people from benefits, home energy advice and investigating complaints about poor housing to keeping active in local leisure centres. To find out more contact your local council directly:

- Go to: www.ashfield.gov.uk or call: **01623 450000**
- Go to: www.broxtowe.gov.uk or call: **0115 917 7777**
- Go to: www.gedling.gov.uk or call: **0115 901 3901**
- Go to: www.nottinghamcity.gov.uk/ or call: **0115 915 5555**
- Go to: www.rushcliffe.gov.uk or call: **0115 981 9911**
- Go to: [Connect Mid and South Nottinghamshire](http://www.connectmidandsouthnottinghamshire.gov.uk) or call: **01623 488 217**

Support for carers
Nottinghamshire Carers Hub
provides free confidential
advice and support for
unpaid carers.
Go to: carersfederation.co.uk
or call: 0808 802 1777

Voluntary services support

Voluntary services support vulnerable people to thrive in their community, provide support to voluntary and community groups and help people to volunteer.

- Ashfield Voluntary Action supports people in Hucknall - Go to: www.ashfieldvoluntaryaction.org.uk or call: 01623 555 551
- Nottingham CVS supports people in Nottingham City - Go to: www.nottinghamcvcs.co.uk/ or call: 0115 934 8400
- Your CVS supports people in Newark & Sherwood, Gedling, Rushcliffe and Broxtowe - Go to: www.yourcvsnotts.org/ or call: 0115 969 9060

Local healthcare services

There are a range of services available to care for you depending on your need. Choosing the right service helps you get the right care.

- **Pharmacy** – for advice on minor injuries and ailments.
- **GP Practice** – for a team of healthcare professionals, including GPs, nurses, pharmacists, social prescribers and physiotherapists who can support you by telephone, face to face or online.
- **Urgent Care Centre** – for urgent healthcare needs such as sprains, fractures, minor burns and skin infections. Walk in service which is open 365 days a year (7am-7pm). Call: **0115 8838500**
- **Mental health support** – contact your GP surgery or access the following services:
 - Mental health crisis line: 0808 196 3779
 - Samaritans: 116 123
 - [Wellness in Mind](http://www.wellnessinmind.org.uk) 0800 561 0073
 - [NottAlone](http://www.nottalone.org.uk) 0808 196 3779
 - [Nottinghamshire Talking Therapies](http://www.nottinghamshiretalkingtherapies.org.uk) or call 0333 188 1060
- **NHS111** – for advice and signposting if you need help fast. Call 111 option 2 or visit 111.nhs.uk
- **Urgent dental problems** – contact your own dentist, or NHS 111.
- **A&E** – serious accidents and life-threatening conditions needing immediate medical attention including severe chest pain, loss of consciousness, severe blood loss, serious burns, suspected stroke.
- **999** – in a medical emergency when someone is seriously ill or injured.

For information on services, support, activities, groups and events in Nottingham and Nottinghamshire check the below websites: Nottinghamshire - www.nottshelpyourself.org.uk Nottingham - www.asklion.co.uk



www.healthandcarenotts.co.uk

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