



Living better lives in  
Lancashire

## Key messages for you to support our communities keep well during winter

You can help support public services and NHS this winter by helping to share simple key messages. This will support public services and the NHS which will be under significant pressure. It makes sense to equip and empower as many people as possible to make steps to keep themselves well and to make sure they know where to find information which helps with access to appropriate services.

These messages are for volunteers, community leaders, councillors, staff from community organisations and groups to use to help share important messages when you are in contact with people who are vulnerable, or likely to benefit from support from health and care services. We ask that while you are in contact with others, please share this information. Please include the following messages in all community newsletters, leaflets, social media and email it where you can to others.

There are five steps for keeping well this winter we would like you to remember and share. These are:

- 1. Stay warm**
- 2. Keep well**
- 3. Look out for others**
- 4. Look after your mental health and**
- 5. Get more information**

### **1. Stay warm by**

- Going for walks during the day, wearing thin layers of cotton, wool or fleecy fibres, shoes with a good grip and a scarf around your mouth
- If possible, keep your living room warm throughout the day; your bedroom before going to bed and close bedroom windows at night
- Wear warm clothing indoors if you are going to be inactive
- Stay inside in bad weather if you don't have to go out

### **2. Keep well by**

- Following NHS [winter health advice](#), which includes:
- Getting vaccinated against flu and COVID 19
- Using your local pharmacy for advice and medication for many common conditions
- Only using the emergency department in an emergency

- Sleeping well and eating your five-a-day fruit and veg
- Stocking up on food essentials and medication, including repeat prescriptions
- Keeping in touch with others, friends, and family

### 3. Look out for others by

- Keeping an eye on elderly or vulnerable friends, relatives and neighbours who can be affected by the cold weather or have medical conditions, ensuring they follow these winter messages

### 4. Look after your mental health by

- Understanding people can be more isolated in winter and seeking advice, information and support when it is needed
- This can be via [Every mind matters](#), or via [Lancashire and South Cumbria NHS Talking Therapies](#), which is free to Lancashire residents and people can contact the service themselves.
- People concerned with spending more than they can afford at Christmas or being in debt can find more information at [LSC Integrated Care Board : Debt and money \(icb.nhs.uk\)](#)

### 5. Get more information by

- Going to the various websites that provide a wealth of information about staying healthy, preventing illness and getting the right care in winter
- These include the
  - [LSCICB local services webpage](#), which includes information on self-care, falls preventions, urgent care, GP practices, vaccinations and many others, and where you can download NHS Help Us Help You winter booklet and request hard copies via the [lscicb.communications@nhs.net](mailto:lscicb.communications@nhs.net) email address
  - the [Cost of living support - Lancashire County Council](#) webpage for support with the rising cost of living,
  - the [Help with your energy bills - Help for Households](#) website for Government support with energy bills, and
  - the [Ofgem website](#) to check if you are eligible to register on your energy company's Priority Service Register