

#wellforwinter



A handy guide of services there to support and help you stay safe this winter

**Connect Bolsover Social
Connectedness Forum
bolsoverttogether@bcvs.org.uk**

The winter months can be tough, perhaps this year more than ever. Dropping temperatures and shorter days can lead us to stay indoors more, move less and detach from our normal activities. Doing the things we normally like to do, such as seeing friends or being active can feel like a struggle.

For many the pandemic has presented new challenges, fears and a whole host of uncertainties and the months that lie ahead may feel daunting.

But there are things we can do to adapt, look ahead, and make positive changes to reduce the pressures of winter and take care of our own health and wellbeing and others around us.

#WellForWinter is a campaign led by Shift which aims to inspire individuals and communities to take steps towards improving wellbeing, keeping positive and supporting each other throughout the coming months.

Guided by the 5 Ways to Wellbeing we will be connecting and supporting communities to:



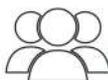
Be active

Physical exercise keeps the body and mind healthy. Keeping active has a powerful effect on mental wellbeing and can help to regulate mood and improve focus.



Take notice

Take time to absorb the present moment. Sometimes we need to stop to allow positive thoughts and healthy emotions.



Connect

Reach out. Social relationships are critical for enhancing wellbeing and support.



Give

Helping others feels good. Committing an act of kindness is associated with an increase in wellbeing



Learn

Learning and practising skills enhances self-esteem, keeps our minds active and encourages more social interactions.



Get organised

Think about what is important to you, prioritise, set goals and plan ahead.

Be active



Go for a family walk or ride.
Keeping active has a powerful effect on physical and mental wellbeing and can help to regulate mood and improve focus.



Take notice

Take time to absorb the present moment. Sometimes we need to stop to allow positive thoughts and healthy emotions.

Why not watch a sunset and enjoy the nature around you.



Get organised

.... with your health, finance & life admin.
Think about what's important to you, prioritise, set goals and plan ahead. Pay a bill, start a savings account or update your CV.



Connect

Social relationships are critical for enhancing wellbeing and support. Look after others as well as yourself and ask for help where needed.



Learn

Try something new. Learning new things can make you more confident and shine a light on skills you didn't know you had. Learn to play an instrument or cook something you've not tried before.

Give

Helping others feels good. Committing an act of kindness is associated with an increase in wellbeing. Do something nice for a friend or a neighbour, thank someone, volunteer your time or simply smile.



Complete the following sheet with how you can cope with the challenges of winter;

Be active

Connect

Get organised

Give

Take notice

Practise & learn

Summary of those who are recommended to have the flu vaccine

- everyone aged 65 and over
- everyone under 65 years of age who has a medical condition listed above, including children and babies over 6 months of age
- all pregnant women, at any stage of pregnancy
- all 2- and 3- year-old children (provided they were aged 2 or 3 years old on 31 August of the current flu season)
- all children in primary school
- all Year 7 secondary school-aged children
- everyone living in a residential or nursing home
- everyone who cares for an older or disabled person
- household contacts of anyone on the [NHS Shielded Patient List](#)
- all frontline health and social care workers

For advice and information about the flu vaccination, speak to your GP, practice nurse or pharmacist. Some larger local supermarkets that have pharmacies can also be contacted for the vaccine.

More people will be offered the free flu vaccine later in the autumn. Check with your GP for eligibility.

It is best to have the flu vaccination in the autumn before any outbreaks of flu. Remember that you need it every year, so don't assume you are protected because you had one last year.



Basic Covid Guidance



This means:

1. Wash your hands. Coronavirus can survive for 24 hours or more in indoors environments. Washing your hands with soap and water for at least 20 seconds, or using hand sanitizer, regularly throughout the day will reduce the risk of catching or passing on the virus.
2. Cover your face. Coronavirus is carried in the air by tiny respiratory droplets that carry the virus. Face coverings reduce the dispersion of these droplets. That means if you're carrying the virus you're less likely to spread it when you exhale.
3. Transmission of the virus is most likely to happen within 2 metres, with risk increasing exponentially at shorter distances. Making space between yourself and others has a powerful impact in containing the spread of coronavirus.

And if you or anyone you know ever displays symptoms of the virus, you can get a free test by calling 119 or visiting [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus).

Coronavirus

How to get tested



If you think you might have coronavirus you can now have a test.



The signs of coronavirus are:

- High temperature
- Or a new and continuous cough
- Or loss of smell or taste



If you or anyone you live with has any of these signs then you must all stay at home.

You can find out how to get a test and how long you need to stay at home at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

Or Call 119



At Citizens Advice North East Derbyshire, we can give you free, confidential, impartial and independent advice or information on a wide range of subjects including debt, benefits, housing, employment, consumer, legal, immigration, family and tax issues. We have a dedicated Help to Claim team who can assist with Universal Credit claims. We offer tribunal representation for welfare rights and specialist multi-debt casework.

Contact us via telephone **0300 456 8437** (Monday to Friday 9am - 2pm) or webchat www.nedcab.org.uk.

Calls are charged at local rate.

For Help to Claim Universal Credit contact 0800 144 8 444

For updates on what we are doing follow us on Twitter **@NEDerbyshireCAB** or like us on Facebook <https://www.facebook.com/NED/>

Release Financial Charity, Registered Charity – 1155290, Serving local communities. Patron: Keith Tondeur OBE (for services to financial education)

HOW WILL COVID-19 IMPACT YOU?

Contact us:
Office: 01773 306289
Mobile: 07932 088331
Email: info@releaseonline.org.uk
Releaseonline on Facebook
BudgetBuddies2 on Twitter
Website: www.releaseonline.org.uk

Money concerns?
Rent concerns?
Struggling to cope?
Struggling to budget?
Bill concerns?
Eviction concerns?
Bailiff concerns?

We could help, our services are always:
FREE by trained advisors
Confidential and Sympathetic
(you will never be judged)
Face to face with a real person

Release Community Money Advice Centre

Authorised and regulated by the Financial Conduct Authority
Working in association with Community Money Advice.

cma
Freedom from debt
Hope for the future

Releaseonline.org.uk

Directory (more organisations are available)

DCC Community Response Unit (CRU) We can help you if you have no friends or family you can call on and:

- you are self-isolating because you or a member of your household has tested positive for coronavirus or you have been in close contact with someone who has tested positive for coronavirus
- you are struggling to meet your basic needs because of financial, social or health restrictions related to COVID-19
- finding it difficult to leave your home for any other reason (for example, because of a disability)

We can help you with shopping, accessing a supermarket priority slot, fetching your prescription or finding someone to have a chat with.

Unfortunately, we cannot help with domestic jobs or looking after pets. Telephone:- 01629 535091

Cold homes: Energy efficiency advice/information/funding schemes; support with switching energy tariff; free lightbulbs; enforcement of energy efficiency standards:

Warmer Derby & Derbyshire (via Marches Energy Action): free, impartial advice service with city/county councils; incl. free lightbulbs. Tel: 0800 6771332/wdd@mea.org.uk

Derbyshire Health Home Programme. People in Derbyshire with a health condition made worse by the cold who privately own or privately rent their home and struggle to heat it. Heating system repairs/upgrades, tariff switching advice, fuel debts and health & wellbeing advice. Tel: 01629 536919 / healthy.home@derbyshire.gov.uk

Citizen's Advice - 0300 4568437 Lines open Monday to Friday, 9am to 4pm.

Health Improvement Services; Social Prescribing; Care Co-ordinators; Local Area Co-ordinators.

Live Life Better Derbyshire – stop smoking, lose weight, and get active: [0800 085 2299](tel:08000852299) / www.livelifebetterderbyshire.org.uk

Social Prescribing

Care Co-ordinators – via your GP surgery

Medicines ordering line - 01246 588860

Local Area Co-ordinators – now covers the Whole County, lac@derbyshire.gov.uk or visit www.derbyshire.gov.uk/lac

Food; Shopping; Befriending support:

Foodbank Limestone House - Limestone House, Volunteer Support Centre, 40-50 Elmton Rd, Creswell. 01909-724061 Foodbank Mon to Fri - 10am - 2:00pm Self-referral.

Foodbank Shirebrook Christian Centre - The Brook Community Church & Centre, 18-26 Main St, NG20 8DG. 01623-744371 or 07726-223557 Wed 7:00-9:00pm Thurs & Fri 9:00am - 5:00pm Sun 5:30pm.

Foodbank South Normanton - St Michaels & All Angels Church, Church St, St Norm DE55 2BT. 01773-811273 or 07999 551691. info@southnormantonarea.foodbank.org.uk. Tues & Fri 1:30pm - 2:30pm They are now taking e-referrals as well, if an agency wants to send a referral to St Michael's Foodbank or the Alfreton foodbank, then they will need to take the persons details and email this to the foodbank directly. The referrer would then be able to issue the person with a food voucher number.

Food bank centres

- St Michaels Church Hall - Church Street, South Normanton, Alfreton. DE55 2BT. Open Tuesdays 13:30 - 14:30 and Fridays 13:30 - 14:30
- Alfreton House, High Street, Alfreton. DE55 7HH. Open Wednesday 14:00 - 15:00.

Foodbank Freedom Project - Hillstown Methodist Church Langwith Road Hillstown S44 6LY. 0300 302 0334. Mon-Friday - 9:00am to 5:00pm.

Food banks - people can call in a see a support worker, no referral needed

- Bainbridge Hall, Chapel Road, Carr Vale, S44 6PX – Mondays and Wednesdays, 9am-12pm.
- Market Place, Bolsover, Monday – Friday, 9.30am – 2.00pm
- Clowne Methodist Church, North Road, S43 4PF, Monday 9.00am – 1.00pm
- Church Warsop Friday 1pm -3pm
- Killamarsh Monday and Friday 10am -2pm
- Renishaw Thursday 9.30am – 1.30pm
- Shirebrook Tuesday 10am – 1pm
- Tinsley Tuesday 9.30am – 1.30pm

CUP Mutual Aid Group

Food bank, befriending, and prescription collections (also other requests considered to support the community). Covers Clowne, Creswell, Whitwell, Hodthorpe, Belp, Barlborough and occasionally other relatively local areas if needed.

Contact: april.johnson1098s@gmail.com

April: 07515727876

<https://www.facebook.com/groups205808847321554> www.communityunityproject.co.uk

Tibshelf Covid -19

Mutual Aid group and food bank- Supporting the local communities of Tibshelf, Newton, Stanley, Pilsley and Hardstoft. Assistance with shopping, prescription collection and food parcels. Telephone 07739 113148 beckett48@aol.com

Age Concern telephone befriending - The Telephone Befriending Service is a community-based telephone befriending & support service which provides a link to a trained volunteer up to three times a week.

Referrals can be made by anyone e.g. Older Person, their family, friends, carers and health professionals and can be made by emailing us at enquiries@ageconcernchesterfield.co.uk

Prescriptions; Medical appointments; Shopping related support:

Home from hospital service - anyone who lives in Derbyshire (outside Derby City) or is registered with a GP in Derbyshire and has limited support from family or friends. Collecting medication prescriptions, shopping, home support. Please call 01283 817417 Monday to Friday, 9am - 5pm. An answerphone is available outside these hours. This is a service designed to support people for a period of six weeks until permanent support can be sourced. This can be on discharge from hospital or to prevent hospital admissions.

Slips, trips and falls:

Ask Sara website: <https://asksara.livingmadeeasy.org.uk/> has details of equipment you can buy and helps you work out the best aids to meet your needs.

Simple services assessment – Call Derbyshire 01629 533190. Simple aids to support at home including grab rails.

Community alarms and telecare – Bolsover Careline is a 24-hour emergency community alarm and response service. We provide Community Alarm and telecare equipment to support vulnerable people to live independently in their own homes. For more information please email enquiries@bolsover.gov.uk or ring Bolsover Careline 01246 242309

Please Contact BCVS if assistance is required in any other format for this leaflet bolsovertogogether@bcvs.org.uk

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