



WELL FOR WINTER



**Your personal plan to keep you
on track throughout winter**

Well for Winter

Key Contacts

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, priorities, set goals and plan. Why not use the Personal Plan on pages 6 and 7.

Warmer Derby and Derbyshire

If you think you'll struggle to stay warm and afford your energy bills this winter, you could call Warmer Derby and Derbyshire. This free energy helpline offers impartial advice on how to stay warm at home, afford energy bills and be more energy efficient.

Householders across the county might be eligible for financial help with a new boiler, money off their energy bills, help with energy bill debt, or a home visit for more advice.

Tel: 0800 677 1332

South Derbyshire Community Volunteer Services (CVS)

We are a local charity working to improve the quality of life for people in South Derbyshire. We do this by providing services to individuals in need as well as supporting voluntary groups and communities to help themselves.

Tel: 01283 219 761 Email: info@sdcvs.org.uk

Welfare benefits

Our welfare rights team can help you find out about the benefits you are entitled to and how to claim.

**Email: welfarebenefits@derbyshire.gov.uk
Tel: 01629 531535 from 11am to 4pm on Monday, Tuesday, Thursday and Friday.**

Citizens Advice Mid Mercia

We can support you with problems such as debt and money, benefit entitlement, benefit claims, family, Law and courts, immigration, housing, and health issues.

Tel: 0300 330 9002

Mental Health Support Line

If you want to talk to someone about your emotional wellbeing the Derbyshire Mental Health support line will offer a listening ear and provide non-judgmental support. The service is staffed by mental health professionals and is available to all ages.

Tel: 0800 0280077

Covid Community Response Unit

We can help you if you have no friends or family you can call and if 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.
- Struggling to meet your basic needs because of financial, social or health restrictions related to COVID-19 (for example, you are shielding) finding it difficult to leave your home for any other reason (for example, because of a disability)

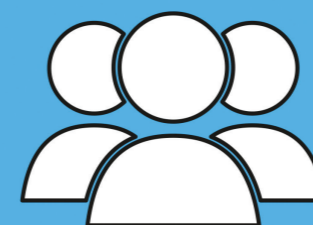
We can help you with shopping, accessing a supermarket priority slot, fetching your prescription or finding someone to have a chat with.

Tel: 01629 535091 Phone lines are open on Monday to Friday from 9am to 5pm.



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.



Connect

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



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.



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.

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.



Be active What can you do to stay more active - anything from tiny changes to your routine to taking up a new sport

Connect How will you stay connected to other people? It could be in person or virtually

Get organised What do you need to do to get your life, health and finance admin in order for the winter?

Give What could you do to help others (and you) feel good? It could be any act of kindness from volunteering time to a smile and a hello

Take notice Take time to absorb the present moment. Maybe take a break from technology or pay more attention to nature when you're outside

Learn Try something new. Whatever sparks your imagination, from learning a new instrument to trying out a new recipe

Physical Activity Contacts and Information



Has a new Stay Active and Independent for Longer Coordinator called Mark Wozniak. Mark's role is to promote physical activities for adults that are looking to become more active and independent across South Derbyshire.

If you would like to find out more about the work Mark is doing or would like to find a session near to you, then please contact Mark.

mark.wozniak@southderbyshire.gov.uk

07966 490813



At Shift we truly believe in the power of physical activity to transform the lives of the people around us. But we know behaviour change takes time and patience and we can only make a real difference when we all go on the journey together.

www.shift-together.co.uk



Is a national campaign to support the 15 million people who live with one or more long-term health conditions in England.

Launched in August 2019, it aims to help those with conditions such as diabetes, cancer, arthritis and Parkinson's to build physical activity into their lives.

www.weareundefeatable.co.uk



Join the Movement, is a National Lottery-funded campaign helping us all find ways to get active as we deal with coronavirus restrictions. We're all about simple, fun and free ways to get active, both indoors and outdoors, that you can enjoy safely.

www.sportengland.org/jointhemovement



A free healthy lifestyles service that helps you:

Stop smoking

Manage your weight

Get more active

Identify your health and wellbeing needs

To find out more call:

0800 085 2299 or 01629 538200

lifelifebetterderbyshire.org.uk



(GAIF) is an outdoor activity programme designed to increase participation in sport and physical activity.

Most of the events and activities take place outdoors and make the most of our natural environment.

For more information please contact:

07977 439309 or 01283 228752

Get.Active@southderbyshire.gov.uk

