Keeping fit and healthy over winter

 Information for carers

Everyone can help themselves to keep healthy and well during this busiest time of the year for GP surgeries and hospital emergency departments.

Here are some hints and tips to stay well over winter.

What you can do to keep yourself and your loved ones fit and healthy

## Getting ready for winter

* make sure to get your free flu and covid vaccinations when you’re offered them – you can find out how to register and book vaccines at **nhsinform.scot/winter-vaccines**



* make sure your carer’s emergency plan is up to date. If you have a Carer’s Emergency Card, remember to take it with you when you
leave the house. You can apply for a Carer’s Emergency Card online: **edinburgh.gov.uk/carers/carers-emergency-card**

## Over the festive period

* if you or your loved ones feel unwell, phone **NHS 24 on 111** and

you’ll be guided to the right service.

* help yourself to a healthy festive season:
* know when your GP practice is open over the festive period
* make sure you order enough medication or repeat prescriptions in advance
* know how to find out where your nearest emergency pharmacy is (phone NHS 24 on **111**).

## During winter

* take action to guard against falls, particularly if you, or the person you care for, are unsteady on your feet
* keep a supply of cold and flu treatments to hand
* eat well and keep your cupboards stocked in case you can’t get to the shops
* keep emergency contact information to hand:
NHS 24 - **111**
Social Care Direct - **0131 200 2324**
* know what to do in the event of severe weather **edinburgh.gov.uk/severe-weather**

# Keeping warm and well over winter

* Stay active. Try not to sit down for long periods – even light exercise can help keep you warm.
* Wrap up warmly. Several thin layers of clothes trap warmth between the layers and are better than one thick layer.
* If you have an electric blanket use it as instructed and get it tested every three years. Don’t use an electric blanket and a hot water bottle together.
* Keep your bedroom window closed at night when the weather is cold. Breathing in cold air raises the risk of chest infections.
* If you experience an electrical emergency or a power cut, contact UK Power Networks on either **0800 31 63 105** or **105** immediately. These lines are open 24 hours a day, seven days a week.
* Register with the Priority Services Register, a free service for older or disabled people or those in need of extra support. It’s especially good for people who rely on electricity for any medical or accessibility equipment like a ventilator or stairlift. To register or find out more call **0800 169 9970**.

# Where to get more information and keep up to date

### Edinburgh Health and Social Care Partnership

Web edinburghhsc.scot

Social media twitter.com/EdinburghHSCP and facebook.com/EdinburghHSCP

NHS 24 and NHS inform **111**

Web nhs24.scot or nhsinform.scot

Social media twitter.com/NHS24 and facebook.com/NHS24

### The City of Edinburgh Council

Social Care Direct **0131 200 2324**

Web Edinburgh.gov.uk/socialcaredirect

Social media twitter.com/Edinburgh\_CC and facebook.com/edinburghcouncil

### NHS Lothian

Web **nhslothian.scot**

Social media twitter.com/NHS\_Lothian and facebook.com/lothian.nhs/

# Support for carers over the festive period

**Edinburgh Carer Support 0131 536 3371
Team** open on 27, 28 and 29 December and from 3 January
 **edinburgh.gov.uk/carers/edinburgh-carer-support-team-1**

**VOCAL 0808 196 6666**open 27 and 28 December (10am – 4pm) and from 3 January
**vocal.org.uk**

**Samaritans 116 123**email: **jo@samaritans.org**web:  **samaritans.org**open 24 hours a day, 365 days a year – you can call free anytime, from any phone

**Edinburgh Crisis Centre** **0808 801 0414**
text: 07974 429 075
email: **crisis@edinburghcrisiscentre.org.uk**web: **edinburghcrisiscentre.org.uk**open 24 hours a day, 365 days a year. If you are experiencing a mental health crisis and need to talk to someone, you can contact the friendly confidential team

