

# WINTER WELLNESS

## Get your vaccines

- **COVID-19 Vaccines:** everyone over 5 years old is eligible. Most people are eligible for 2 vaccines, a booster, and some seasonal boosters  
[www.newham.gov.uk/covidvaccine](http://www.newham.gov.uk/covidvaccine)
- **Flu:** anyone 50 and over, anyone who is pregnant, people with specific health conditions  
[www.newham.gov.uk/flu](http://www.newham.gov.uk/flu)
- **Polio, MMR and other childhood immunisations:** children can catch up on their vaccines at any time see [www.newham.gov.uk/childhoodimmunisations](http://www.newham.gov.uk/childhoodimmunisations) for more information



- Stock up your medicine cabinet early and ask your pharmacist or GP about repeat prescriptions.
- Collect your free vitamins. If you're 65 or older, find out more at [www.newham.gov.uk/vitaminD](http://www.newham.gov.uk/vitaminD) or call 020 8981 7124. If you're pregnant or have a child under 4, find out more at [www.newham.gov.uk/healthystart](http://www.newham.gov.uk/healthystart)

## Keep yourself safe from COVID-19, Flu and winter viruses

- Let fresh air in if meeting indoors, or meet outside
- If you have symptoms of COVID-19 or flu, try to avoid contact with others, especially vulnerable people, until you feel better
- Wash your hands regularly for at least 20 seconds with warm water and soap



## What to do if you feel unwell

- Contact your pharmacist who can give advice and over-the-counter medicines for coughs, colds, sore throats and general aches and pains. They can also tell you if you need to see a GP, nurse or other healthcare professional
- Contact your GP or NHS 111 or visit [www.nhs.uk](http://www.nhs.uk) if things are more serious
- If you have a medical emergency, call 999 or go to your nearest A&E department
- If you want to talk to someone about your mental health call Newham Talking Therapies on 0208 175 1770 or the Crisis line 0800 073 0066



## Staying healthy

- Eat fresh fruit and vegetables as much as you can and aim for one hot meal a day
- Try and get 20 min of exercise every day (e.g. go for a walk in your local area, exercise at home or join a local free physical activity) [www.newham.gov.uk/community-parks-leisure/physical-activity](http://www.newham.gov.uk/community-parks-leisure/physical-activity)
- Stay connected and try to talk to at least one other person every day. Get in touch with connect Newham for a friendly conversation [www.ageuk.org.uk/eastlondon/our-services/connect-newham-befriending](http://www.ageuk.org.uk/eastlondon/our-services/connect-newham-befriending) or your local Community Neighbourhood Link Workers [www.newham.gov.uk/cnlw](http://www.newham.gov.uk/cnlw) or email [cnlw@newham.gov.uk](mailto:cnlw@newham.gov.uk)



## Getting help with the cost of living

- Contact Our Newham Money if you're not able to afford heating, food or other essentials  
[www.ournewhammoney.co.uk](http://www.ournewhammoney.co.uk) or call 020 8430 2041
- The Newham Food Alliance can help with food. Contact 07790 975086 or email [frontdoor@newhamfoodalliance.org](mailto:frontdoor@newhamfoodalliance.org)
- Find out more about winter grants for fuel  
[www.newham.gov.uk/health-adult-social-care/staying-well-winter/6](http://www.newham.gov.uk/health-adult-social-care/staying-well-winter/6)
- Find out more about free grants to improve insulation in your home from GLA Warmer Homes 0300 555 0195 or contact [shine@islington.gov.uk](mailto:shine@islington.gov.uk)
- It is important to warm your home safely and reduce any risks. For more information visit [www.london-fire.gov.uk/safety/the-home](http://www.london-fire.gov.uk/safety/the-home)



Find out more at [www.newham.gov.uk/wellwinter](http://www.newham.gov.uk/wellwinter)