

# Winter Planning



KEEP WARM, KEEP WELL,

STAY SAFE THIS WINTER



The winter can be an extremely bad for the health and wellbeing for the elderly, disabled and those who suffer with mental health problems up and down the country.

**Winter Fact:** In Yorkshire and Humber, there have been 3,800 Excess Winter deaths. 3 times the amount that die from accidents. (c2016/17).

**Winter Fact:** In winter period, an estimated 32 people a day die of Excess Winter Deaths in Yorkshire and Humber (winter 2016) from winter borne illnesses caused by being too cold in the home.

**Winter Fact:** In 2016, an estimated 2.55 million households in Britain experienced fuel poverty.

### Tips for Keeping Yourself Warm this Winter:



Wrap up with several layers of clothing, including a shirt or blouse, thin sweater or cardigan, leggings or thick tights or long johns, long socks or thermal underwear will keep you warm by trapping air between them. As well as wearing a hat and scarf to keep your head and neck warm. Not to mention a warm pair of slippers.

Clothes made from wool, polyester or fleecy synthetic fibres are usually warmer. Thermal underwear can also help beat the chill.



Prepare hot drinks every day to keep warm including; tea, coffee, malt drinks, hot Chocolate. Hot drinks are best placed in a Thermos flask and the retention of the heat lasts longer. Warm drinks will raise your core temperature, and warm up your hands and fingers too. Regular hot meals with hot drinks will provide warmth and energy. Even if you don't feel like cooking, try to have at least one proper meal a day.

Certain foods such as potatoes, beans, bread, milk, eggs, meat and fish, are all good sources of protein, energy and vitamins which will help keep you healthy. Eat plenty of fresh fruit and vegetables - Meals on Wheels service is available in your area, which can provide hot meals. Keep stocked up on some basic foods so you don't need to go out to the shops on very cold days.



If you are sitting down, wear an extra blanket or shawl, it will also help to raise your body temperature.

If you require extra heat to get warm, produce a hot water bottle.



Find a room and stick to it. By make sure you heat only the rooms you use most often, it helps to keep heating bills down, And make sure you put the heating on in your bedroom an hour before you go to bed.

And keep those rooms at a regular temperature to at least 23°C



## Other Hints and Tips



Get your boiler regularly checked by a qualified gas safety engineer. They must have a yellow safety triangle approved.

Get your electric blankets regularly checked by a professional. These are normally done by your local fire authority,



Be sure to have the highest tog rating for your duvet (Tog rating 13.5)

Make sure you are stocked up of medication if any



Receive your annual flu jabs (contact your G P or Nurse)

Receive your regular medical checks, to make sure there are no hidden illnesses to worry about over the winter period



## Signs and Symptoms of Hypothermia

There are 3 levels of Hypothermia:



1) **Mild**-generally with a body temperature of 32°-35°C, the symptoms aren't always obvious, but they can include: constant shivering, tiredness, low energy, cold or pale skin, fast breathing (hyperventilation)

2) **Moderate**-generally with a body temperature of 28°-32°C can include symptoms such as: being unable to think or pay attention, confusion, loss of judgement and reasoning (someone with hypothermia may decide to remove clothing despite being very

cold), difficulty moving around, loss of co-ordination, drowsiness, slurred speech, slow, shallow breathing, (hypoventilation)

3) **Severe**-a body temperature of below 28°C can include: unconsciousness, shallow or no breathing, a weak, irregular pulse, or no pulse, dilated pupils

### Who is at risk?

The elderly, disabled with respiratory problems and babies under the age of one.

### How can you prevent Hyperthermia?

- ◆ Wear extra layers of clothing to stay **warm**
- ◆ Drink plenty of fluids (no alcohol)
- ◆ Keep well nourished
- ◆ Try to remain active in order to keep circulation flowing
- ◆ Keep at least one room at a temperature of 70 °F (21° C)

## Winterising your home

During the severe and harsh winter months, there is a lot that we should remember to check to keep the home in order.

### Prevent the heat escaping by:



Heating loss can cost the homeowner in heating loss and add extra on the heating bills.

Here are a few tips you can do to protect your home from heat loss.



Test and maintain smoke detectors. If they are battery operated, replace the battery when required



Leave the heat on frost stat and have someone check on your home while you are away on holiday



Ensure all plumbing fixtures are running regularly to prevent frozen pipes



Test plumbing shut off valves



Inspect your attic for frost accumulation and check roof for ice dams or icicles



Keep your home's pathways and front stairs (if you have them), clear of snow and ice



Keep snow off gas and electric meters, appliances and vents



Drain garden hose and trim branches near your home or electrical wires



Prevent frozen pipes by fitting exposed with insulation sleeves



Topping up your roof and wall cavity insulation





Draw the curtains in the evening to keep heat in, especially if you have large windows. I have an enormous bay window and keeping the curtains closed makes a noticeable difference.



Place Draft excluders on and around all your doors and windows (check your local DIY centre)



Please call the Home Energy team for help and advice if you are entitled to free insulation (60+). If you are over 60 or disabled or on a low income and are entitled to certain benefits, please call North East Lincolnshire Council on 01472 324782 or email [energy@nelincs.gov.uk](mailto:energy@nelincs.gov.uk)

### Dressing for the Winter weather



Dressing for the winter weather helps to keep your body temperature constant.

Here are a few hints that you should do to protect yourself outdoors:



Wear several layers of loose fitting, lightweight, warm, clothing. Rather than one heavy clothing. The outer garments should be tightly woven and water repellent.



Wear mittens or gloves to prevent your hands from getting frost bite.



Wear a woollen hat to protect your head from loss of heat.



Cover your mouth with a scarf to protect your lungs.



Wear woollen socks to keep your feet warm.



Wear a thick warm coat to protect you from the harsh weather conditions. Also, must be water repellent.



Wear adequate footwear with non-slip soles.

## Indoors Wintery Walking

Whilst indoors, there are a few simple precautions can help your chance of being injured from a slip, trip or fall.



Use floor mats to remove moisture from the soles of your shoes upon entering a building



When indoors, don't allow the rain to collect on the floor or any walking surfaces from your umbrella



Avoid all inclining and slippery surfaces where possible



Be aware not to loose your footing, especially where potentially avoid any slips, trips and fall hazards that could be present



Use handrails more often where possible



Report any slip or trip hazards where and as soon as possible

## Walking in Winter Weather Outdoors

When going out in the winter weather, there are extra things you should take into consideration, these are:



Plan ahead to give yourself sufficient time and plan your route



Wear footwear that are appropriate that provide traction for snow and ice. Always wear rubber or neoprene soles not leather or hard soles as they are ineffective for walking in wet and wintery weather



Walk on designated walkways as much as possible



If a walkway is completely covered, walk on a grass edge, if possible for traction

## Preventing slips, trips and falls in Winter

During the severe winter months, there could be icy patches, where preventable accidents can happen. These accidents can contain; slips, trips and falls, which could lead to increased pain and anxiety for the sufferer, and possible long term disabilities.

Here is a list of preventable actions that you could do:



Wear proper footwear gear



Be like a penguin-take small steps to keep your centre of balance under you



Walk slowly and never run on icy ground, and keep both hands free for balance, rather than in your pockets



Use handrails from start to finish



Avoid carrying loads on stairways, or carry loads that you can see over



Always keep your eyes open to see where you are going . (for sight impaired people, make sure your aids are suitable for the wintery surroundings)



Test potentially slick or slippery areas by tapping your foot on them



Lightly step, but don't jump out of the motor vehicle



Keep walkways clear from debris, water and ice as well as slippery materials

If at all that fails, and you know you are going to slip or fall, to reduce injuring yourself, here are a few tips to help you from potentially injuring yourself when falling;



Be like a penguin and take short steps or shuffle for stability, bend slightly, walk flat-footed with your centre of gravity directly over the feet as much as possible

## If and when you fall



- Be prepared to fall. And if you do fall, try to relax and not tense your body
- Roll with the fall. Try and twist yourself as you roll backwards, rather than falling forwards, and relax as much as possible when you begin to fall
- Make sure you drop what you are carrying, this by protecting yourself if you fall
- Bend your back and head forward so that you won't slam your head on the pavement as your feet come from under you

## Winter Skin Care Tips

Winter can be harsh on your skin, which can cause more damage later on. Here are a few easy tips to avoid problems for your skin during the harsh winter months:



**Don't bathe or shower in **HOT** water; bathe or shower in **LUKE warm water****-use mild, moisturising cleansers will help maintain healthy skin



**Moisturise after shower or bathing**-put a dry towel around yourself (do not wipe) and apply moisturiser immediately



**Maintain your skin's moisture 24 hours a day**-use a moisturiser several times a day and at bedtime. Reapply as and when required especially after washing your hands and exposure to other elements including; cold, wind and sun



**Use a humidifier**-Heating the inside of your home drives off moisture. The simplest way to increase the moisture level is to run a humidifier at night



**Continue to wear sunscreen**-Exposed skin needs to be protected from harmful sun rays, especially in higher altitudes and areas with snow covered ground



**Read ingredient list**-Avoid products that may have ingredients with potentially irritating or drying effects on your skin



**Consult a dermatologist**-Make an appointment with a dermatologist if you have a skin condition, itching, flaking, and redness. This could be signs of an associated dermatitis, eczema, psoriasis, or other skin conditions which may require treatment from a skin specialist

Here is a list of items you should stock up before winter:



Many varieties



(Can be frozen)



Tinned Fruit



Frozen Meals



Frozen Veg



Butter / Margarine



Pet Food (if you have a pet)



## GP And Other Contacts



Name \_\_\_\_\_  
Surgery \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_   
Phone Number \_\_\_\_\_



Name \_\_\_\_\_  
Surgery \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_   
Phone Number \_\_\_\_\_



Pharmacist \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_   
Phone Number \_\_\_\_\_

### Other useful contacts

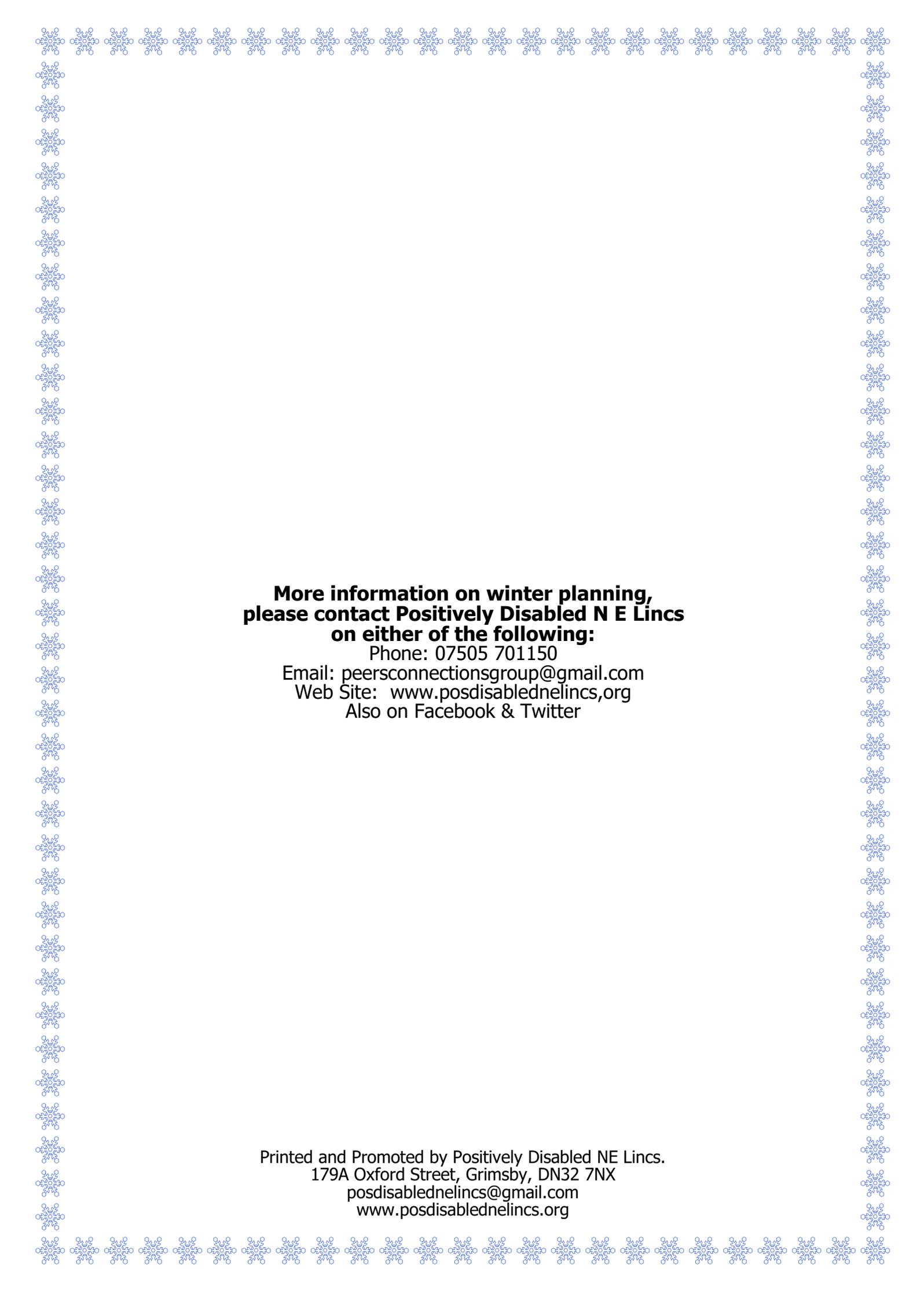
**focus** 01472 256256  
independent adult social work (and Single Point of Access)

 Collaboratives 01472 232266  *care plus*  
*Provider of Choice*

**HOPE STREET TRUST** Hope Specialist Falls & Respiratory Service  
01472 313400

 North Lincolnshire  
**ageUK** 01472 344976





**More information on winter planning,  
please contact Positively Disabled N E Lincs  
on either of the following:**  
Phone: 07505 701150  
Email: [peersconnectionsgroup@gmail.com](mailto:peersconnectionsgroup@gmail.com)  
Web Site: [www.posdisablednelincs.org](http://www.posdisablednelincs.org)  
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