Bhealthy…..Winter is here!

A BOLDER HEALTHIER BIRMINGHAM

BIRMINGHAM 2022 commonwealth games

PROUD HOST CITY

Birmingham City Council

Cllr Paulette Hamilton

Cabinet Member for Adult Social care and Health

A BOLDER HEALTHIER BIRMINGHAM

BIRMINGHAM 2022 commonwealth games

PROUD HOST CITY

Birmingham City Council

Bhealthy….Winter is here!

Dr Justin Varney
Director of Public Health

A BOLDER HEALTHIER BIRMINGHAM

BIRMINGHAM 2022 commonwealth games

PROUD HOST CITY

Birmingham City Council

A Bolder Healthier Birmingham Vision

Birmingham will be a city in which every citizen can live a healthy enjoyable life. We will help create a city where every citizen, at every stage of their life, in all communities can make healthy choices that are affordable, sustainable and desirable to support them to achieve their potential for a happy, healthy life. Working with our partners, especially in the NHS, we will work to support our citizens to understand their own health and wellbeing and know how to access and get support in a timely and culturally appropriate way when they need it. We will create a city which is compassionate and inclusive to citizens when they need support and assistance and work together to help them remain active participants in our city throughout their lives. A Bold Birmingham will be at the forefront of tackling health inequalities issues, reducing food poverty, and ensuring our city's air is clean. We will….

- **Tackle health inequalities**: We will focus our attention on closing the health inequalities in our city, recognising they affect communities of place, identity and experience differently, and that we can only achieve this through partnership with stakeholders and citizens.
- **Encourage and enable physical activity and healthy living**: We will encourage citizens of all abilities and ages to engage in physical activity and active travel, provide new opportunities to improve health and wellbeing through the hosting of the Commonwealth Games, create physical and cultural environments, including parks and green spaces, as well as act to improve air quality and develop a food strategy to support healthy lifestyles.
- **Improve quality of care:** We will continue to improve the quality of care through our own provision and develop what the Government's new care approach means for our city, with a programme that meets the needs of an aging population and with early intervention and support at every age to enable citizens to live healthy and fulfilling lives, including the transition from care for young people to that of adulthood.
- **Address mental health:** We will champion and advocate the importance of mental health, and work with partners to empower and support citizens, including young people, to be mentally healthy

BHealthy... ❄ Winter is here!

A simple checklist of practical tools and tips to help prepare for winter and improve your health and wellbeing during the colder months, with a few Covid-19 tips as well!

Checklist for a healthier winter!

Get it sorted	Tick when complete
Have you and your family had their flu and covid vaccinations?	
If you have a long term conditions have you got enough medication to see you through the Christmas break?	
Have you checked if you are entitled to any extra support for winter fuel bills?	
Have you got a list of emergency numbers ready in case something leaks, breaks or stops working in the cold?	

Get it sorted	Tick when complete
Have you got Lateral Flow Covid Test Kits at home to use before going to visit friends & family?	
Have you got plenty of face coverings for festive shopping trips?	
Have you got enough food in the cupboard in case someone tests positive and you need to isolate?	
Have you thought about any friends or family who might need a bit of extra support this winter?	

A BOLDER HEALTHIER BIRMINGHAM

BIRMINGHAM 2022 commonwealth games

PROUD HOST CITY

Birmingham City Council

Weekly Winter Activity List

Today I have….	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Got warm with at least 10 minutes of physical activity							
Talked to someone I care about							
Eaten at least 5 portions of fruit or vegetables							
Brushed my teeth twice today							
Wore my face mask when I went to the shops or on the bus							
Said thank you for something							
Washed my hands when I got in							
Got a good nights sleep							

A BOLDER HEALTHIER BIRMINGHAM

BIRMINGHAM 2022 commonwealth games

PROUD HOST CITY

Birmingham City Council

BHealthy... ❄
Winter is here!

Now you have the check list sorted why not check out our helpful hints and tips resource pack which includes sections on:

- Keeping Healthy in the Cold
- Looking after your Mind
- Be In Control of Your Conditions
- Protect yourself

A BOLDER HEALTHIER BIRMINGHAM

BIRMINGHAM 2022 commonwealth games

PROUD HOST CITY

Birmingham City Council

Useful Information

This section includes more detailed information and links to supporting resources that can help you stay healthy this winter.

A BOLDER HEALTHIER BIRMINGHAM

BIRMINGHAM 2022 commonwealth games

PROUD HOST CITY

Birmingham City Council

Keeping healthy in the cold

Winter is often a time when we let things go & our health takes a bit of a down turn, so it's important to take action to **improve your own health.**

Simple steps every day like taking a brisk walk, eating a balanced diet and not having treats every day can make a real difference.

Making big changes like quitting smoking and getting on top of problematic drinking or drug use can be hard but **there is lots of support available**.

A BOLDER HEALTHIER BIRMINGHAM

BIRMINGHAM 2022 commonwealth games | PROUD HOST CITY | Birmingham City Council

Be Active Every Day!

Physical activity has long term health benefits...
- reduces the risk of illnesses
- improves how you feel
- builds strength and endurance
- improve sleep, relaxation and reduces stress

Adults should be doing at least 150 minutes a week of moderate physical activity and children 60 minutes a day, and we should be doing muscle strengthening work twice a week to build muscle and bone strength. As we age it's important to build in strength and balance exercise as well.

There are plenty of ways to be active from a brisk walk to dancing round the living room with friends or on your own!

For more information visit
https://www.nhs.uk/live-well/exercise/get-active-your-way/

To find local activities in Birmingham visit
https://www.sportbirmingham.org/playwaze

Balance your plate
&
Keep the treats to treats!

Food is a really important part of our lives, we use it to celebrate, to show love and to mourn, and the winter is often the time when we are surrounded by cakes and sweets.

Small changes in your diet can make big differences to your health and help you to fight illness better and help you keep a healthy weight.

Have a look at our healthy eating checklist to see which changes you could make at https://www.nhs.uk/live-well/eat-well/ or https://www.nhs.uk/change4life

Eating a balanced diet isn't about denying yourself a treat, but it's important that treats like cakes, candy and chocolate are not something you have every day.

Get help for the big changes

It can be hard to make big changes in your life, especially when it comes to things that are addictive like cigarettes, alcohol and drugs, but there is lots of help available.

For help with smoking, there is plenty of free, helpful advice and support available at https://www.nhs.uk/smokefree

In Birmingham we also provide a free app to help you quit called Quit with Bella? https://www.quitwithbella.com/

If you are worried about your drinking and want to make some positive changes, there has never been a better time to make a change, Change Grow Live **(CGL)** are here in Birmingham to support you.

You can also get online help through NHS OneYou can help you cut back on alcohol and feel a bit better every day, and for help with drug problems Talk to Frank offers support and advice, including a confidential helpline 0300 123 6600 or Text 82111.

Change
Grow
Live

FRANK

Be Prepared

The weather can change very quickly during the winter months so it's sensible to take a few simple steps to prepare for any sudden cold periods or times when the roads and pavements are too icy to get out and about. Think about what you can do to prepare….

Prepare yourself
- Dust off the winter woollies and make sure you have warm clothes and winter shoes easy to access
- Ensure you have any regular medication reordered in plenty of time
- Bring together all your emergency contact numbers in one place so you have them to hand
- Think about friends, family and neighbours who might be vulnerable and need extra help

Prepare your home
- Stock up the cupboards with some tins of soup and packets of biscuits so you have a reserve of things to eat if the weather gets bad and you can't get to the shops
- Plug up any drafts or leaks, curtains are a great way of keeping the warm in at night
- Check if you are eligible for winter fuel payment support and talk to your energy company about how to balance your bills

Prepare your car or bike
- If you have a car then it's a good time to check it over and make sure the brakes, lights and windscreen wipers are all in good order, the Met Office has a great check list

Looking after your mind

In the winter months the dark nights and the cold weather can make it hard on our mental health and wellbeing as well as our physical health.

Making the effort to look after your mind is just as important as looking after your body over the winter and there are things we can all do to keep brain healthy.

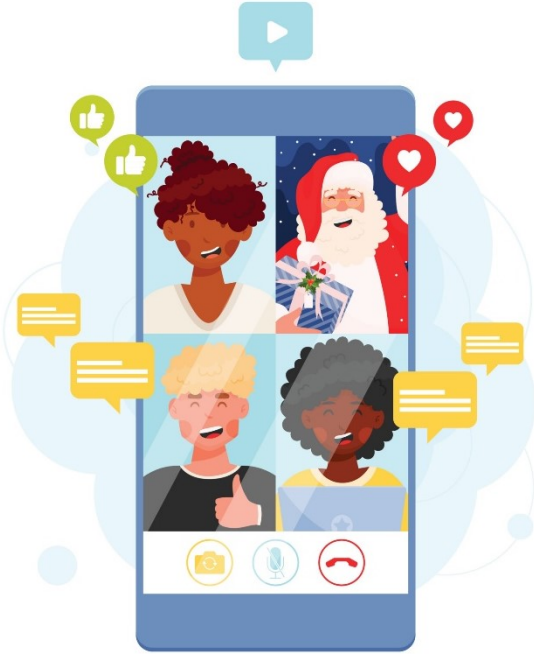
Stay Connected!

The last year has been hard on all of us and we have really missed the face to face contact with friends and family. But the upside has been that many of us are better with technology for talking to loved ones who are further away.

Making the effort to stay connected benefits not just our own mental health but also the person we are reaching out to, so make the effort to connect with someone every day and have a conversation, whether face to face, on the phone or virtually.

Also take advantage of the festive season and send Christmas cards, Yule tide celebration messages or Hanukah cards to people you don't talk to regularly to reconnect.

You can also go one step further and help connect with someone who is lonely through one of the befriending and pen-pals charities, a letter, even from a stranger, can be a lot of comfort when you are on your own.



Boost your brain!

Our brain needs looking after just like any other part of our body. There are lots of things we can do to look after our grey matter like..

- **Learning every day**, whether it's a new skill or doing regular challenges like word searches or puzzles its important at every age to keep our brain learning.
- Be **physically active every day**, it increases the blood flow to the brain and that keeps the brain cells healthy.
- **Eat a balanced diet** and max out on the vegetables, pulses and plant based protein to give your brain the nutrients it needs.
- **Keep on top of your physical health**, issues like high cholesterol and high blood pressure can damage your brain.
- **Avoid tobacco** as it cuts down the oxygen supply to the brain and some of the chemicals in tobacco can also affect brain cells directly
- **Keep your alcohol in check**, if you do drink alcohol then keep it to moderate amounts rather than big binges which really put your brain under a lot of stress and pressure.

Sleep……

Sleep and **good mental and physical health** go hand-in-hand, sleep matters because it…

- keeps us alert
- improves our concentration,
- Improves productivity
- helps with the healing and repair of our heart, blood vessels, and muscles
- helps us to recover from mental and physical stress

Most adults need between 6 and 9 hours of sleep every night. By working out what time you need to wake up, you can set a regular bedtime schedule as it's important to wake up at the same time every day

Sleep Tips

- Do not over-indulge on food and alcohol before going to bed
- Keep regular sleep hours even if you are working shifts as it sets a pattern
- Some stretching exercises such as yoga relaxes the body and mind
- Do not watch TV in bed and leave your mobile devices in another room
- Drinks a glass of water and stay away from caffeine
- Create a restful and relaxing environment and maintain a good temperature between 16-18 degrees
- Make sure you bed is comfortable as this makes a great difference to a good or not-so-good sleep!

Be in control of your conditions

As the winter draws closer people with long term conditions such as diabetes, chronic renal disease or ischaemic heart disease, can often find things get a bit more challenging but there are things you can do to manage your condition and reduce the risk of complications.

A BOLDER HEALTHIER BIRMINGHAM

BIRMINGHAM 2022 commonwealth games | PROUD HOST CITY | Birmingham City Council

BHealthy with Long term conditions (LTC)

- If you have a long-term health condition (LTC), have you had your **routine check-up** this year?
- **Early diagnosis and good control** are vital for preventing serious complications, especially in conditions like diabetes or chronic kidney, heart or lung disease, so the annual checks help you stay on top of things.
- Have you got all your medications and enough to see you through the festive period? Don't forget to **get your repeat prescriptions in with plenty of time** because the doctors are extra busy in the winter.
- Do your **family and friends know what to do** if your condition gets worse and what they can do to help? It can be hard to ask for help but it can really help if the people around you know what to do if you are in trouble.

USEFUL INFORMATION & ADVICE:

- The NHS Self-Care Toolkit
- The NHS A-Z Guide
- NHS A to Z

A BOLDER HEALTHIER BIRMINGHAM

BIRMINGHAM 2022 commonwealth games | PROUD HOST CITY | Birmingham City Council

Protect yourself

During the winter there are a lot more infections around. Some of this is because of they survive better in the cold and damp, and some because in winter we come together in doors with the windows closed and hug and snuggle and spread them around.

Some of these infections can be prevented, or the risk of serious harm reduced, through vaccination. For those where we don't have a vaccine then there are simple steps we can take to reduce the risk of catching them or passing them on.

During the winter there is more pressure on the NHS so it helps everyone to think about which healthcare professional you go to for advice to help spread the work around.

Grab a jab, Bab!

Vaccination is one of the most important tools against infectious diseases.

Vaccines go through really rigorous research and independent evaluation to ensure that they are safe and so we understand the protection they give and how long it lasts.

Although not mandatory in the UK, vaccines **will protect you and your family members** from various diseases – without vaccines, you are putting yourselves at a greater risk of contracting these illnesses.

This winter the most important jabs to grab are:

Flu jab/Influenza – this is an annual vaccine that protects against seasonal flu, everyone over 65yrs, children under Xxyrs and people with chronic health conditions and very overweight people can get the jab on the NHS.

Covid-19 – currently everyone over 12yrs old can get a booster as well to top up the protection

Pneumococcal & Shingles vaccines – these vaccines are for the elderly and protect against a particular type of pneumonia and shingles infection, both of which can be really serious in older people

Who can help?

Often our first thought when we feel ill is to call a doctor but there are lots of other skilled and trained healthcare professionals can help, so thinking about who to go to for what can really help the NHS manage demand during the winter.

If you think it's an emergency call 999 or find your nearest A&E

If you need help now, but it's not an emergency:

Go to 111.nhs.uk or call 111

Speak to a pharmacist for advice on medicines or common problems like coughs, colds and rashes or for advice with children and babies

See a GP or dentist

Do a bit of research on the NHS and Council website

Visit the nhs.uk Health A to Z to read about conditions, symptoms and treatment information

Visit the nhs.uk Medicines A to Z to find out how your medicine works, how and when to take it, and possible side effects

Hands, Face, Test & Ventilate!

Covid-19 is still around and remains a serious illness that is very infectious.

Vaccination massively reduces the risk of dying or being hospitalised if you catch Covid, but like all medicines it isn't perfect and you can still catch Covid and pass it on.

There are simple steps we can all take that reduce the spread of this dangerous disease:

- **Wash your hands** regularly
- **Wear a face covering** when in enclosed public spaces like shops and public transport
- **Test regularly** if you're going to work or school with the rapid lateral flow test kits at home, and if you have symptoms isolate at home and book a PCR test
- **Open windows** regularly to ventilate indoor rooms, especially before and after visitors or between meetings at work

Some fun stuff

Here are some fun resources you can enjoy to help support you being healthy this winter.

A BOLDER HEALTHIER BIRMINGHAM

BIRMINGHAM 2022 commonwealth games

PROUD HOST CITY

Birmingham City Council

A J W I N T E R U B C P I C W D V I L P
S A N T A T S M C O N F N F L L H C Q E
C X C Y U D C A S P V G P H A R M A C Y
H B U S P E A K P R E S C R I P T I O N
R H B S E B R T K M A U C B T H B C V U
I A Q M R L F C P P L M R C A E A H A S
S N E N U T I P B R Z P A O O I H N C A
T D Y F R I E N D S E F H O B V L J C Q
M W D D K C U T J U M S P W D I I M I R
A A P W X E S W L D R E E Y C R N D N G
S S C V O D G B A Q J P L N A R O W A J
T H R S X S I M M U N I S A T I O N T L
S I P F K M J Q U W O F T H K S D F I V
L N B G R N I M F E A B P P F M Z V O V
Y G Q N U N Y W C Q J U M P E R G U N T
X W S O K U J R B X Y A V T M R O I D T
U A K D S C F P F A A B L S B Z B M Q Y
Y L T C V W A U A J G D L S Q E S N O W
L F A E C I J L K T N C P K D Q P Y K I
P D F H A N U K A H R B O F F Y P E O D

Prescription
Christmas
Presents
Santa
Snow

Immunisation
Pharmacy
Jumper
Robin
Ice

Handwashing
Hanukah
Winter
Scarf
PCR

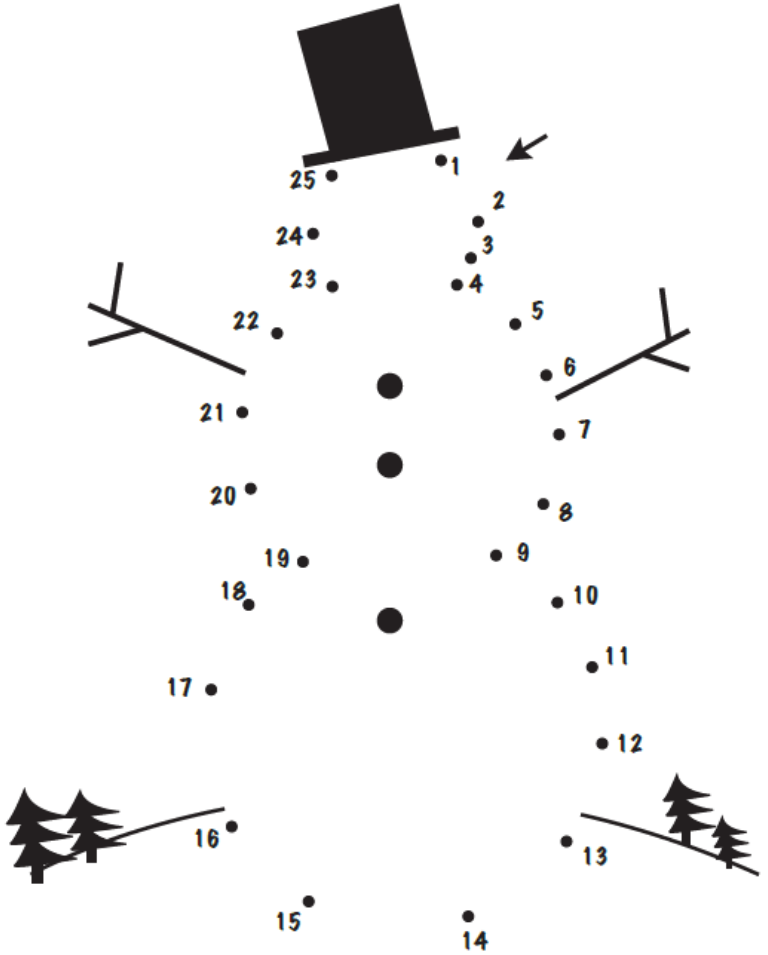
Vaccination
Friends
Covid
LFD

Developed using education.com

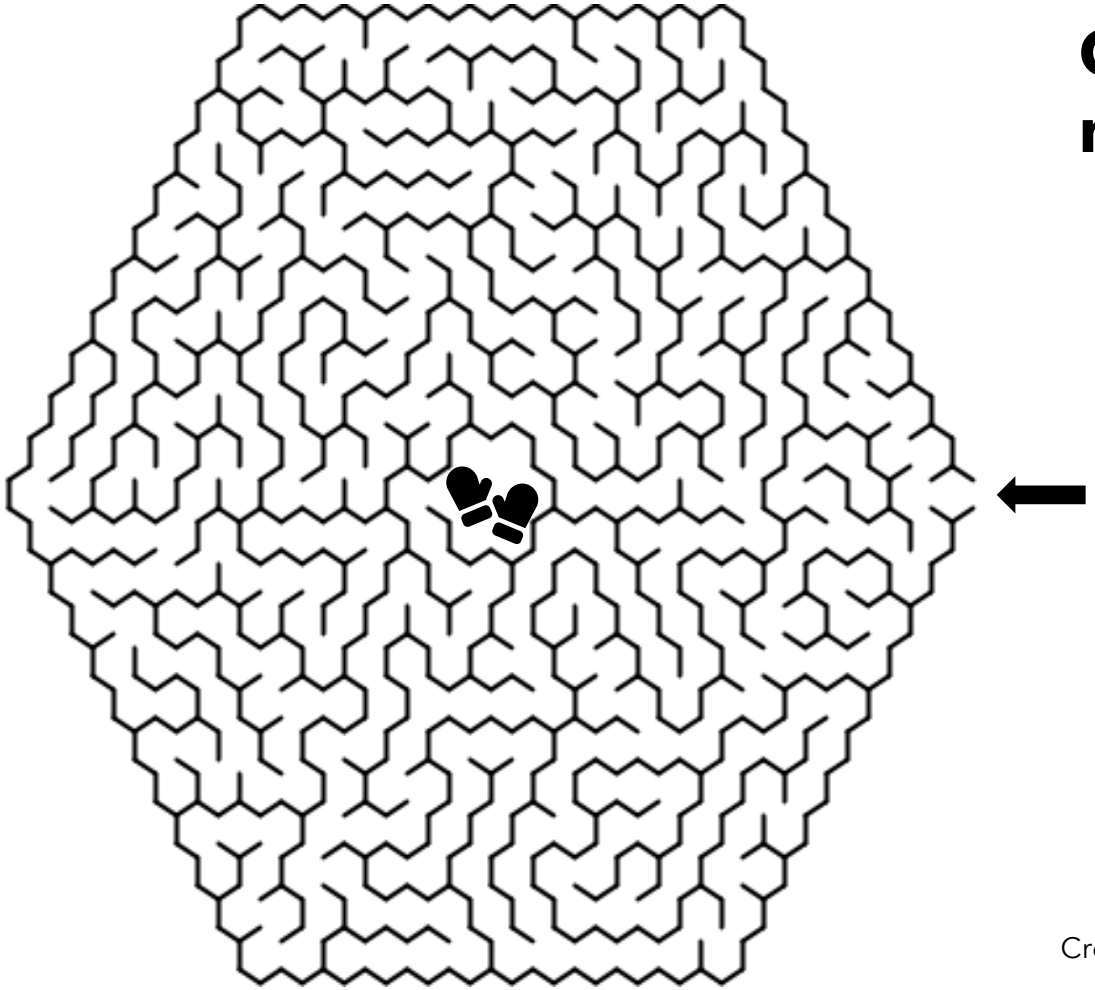
Build a snowman

Connect the dots to build a snowman without having to put on your mittens!

When you are done, give them a funny face and don't forget the carrot for a nose.



Developed using education.com



Can you reach the mittens to get warm?

Keeping warm is really important during the winter months.

Wearing gloves or mittens keep your hands warm, and a woolly hat keeps your head warm to.

Can you enter the maze and find the mittens?

Created with https://www.mazegenerator.net/

A BOLDER HEALTHIER BIRMINGHAM

For more information please visit
www.birmingham.gov.uk/commonwealth2022

Birmingham City Council

HM Government

TEAM ENGLAND