

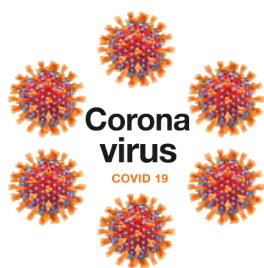
# Keeping Well this Winter

easy read information  
for people over 50

Look inside to find out how to

- Stay safe from the Coronavirus
- Get medical help
- Look after your mental health
- Eat well
- Keep warm
- Stay safe at home
- Get help and information
- Look after money
- Exercise at home





# Keep safe from the Coronavirus

**Covid-19 can make older people very ill**

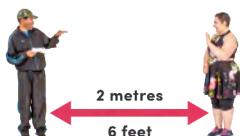
**Remember: Hands, Face, Space**



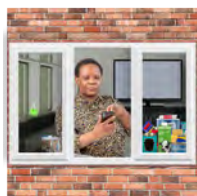
**Hands** Wash your hands often, for 20 seconds



**Face** Wear a face mask when you go inside buildings, shops, on buses, or where you are asked to



**Space** When outside stay 2 metres apart from people you do not live with



**Stay at home, but you can go out to**

- Go to work, if you cannot work from home
- Shop for things you must have, such as food
- Get medication, or go to medical appointments
- Exercise once a day



We can do these things with someone we live with or who cares for us

# Medical help

The Coronavirus is making it hard for services but you should still use them if you need them



**You should still contact your Doctor if you feel unwell**



- If not sure what to do call 111
- If it is an emergency call 999



Keep medical appointments and check-ups unless they are cancelled



See the Dentist if you need to



Pharmacists are open – They can give advice. Keep prescriptions up to date, do not run out. Some pharmacists will collect prescriptions from Doctors and deliver medication to your home.



Get the Flu Vaccine – it is free for lots of people ask at your Doctor's or pharmacy

Get the Covid-19 Vaccine – Your own Doctor will get in touch with you when it is your turn

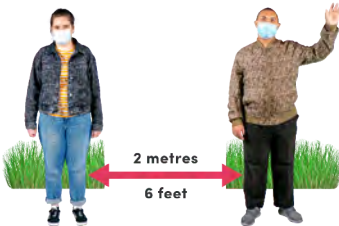
# Mental Health

**We need to look after our mind and our body**

**Lots of people worry or feel sad. These feelings pass. We can get help and there are things we can do to help ourselves**



- Stay in touch with family and friends  
Phone them, or see them online



- Talk to people about how you feel
- Remember you can walk outside with one other person as long as you keep 2 metres apart



- Try not to worry about things you cannot change
- If things on the news upset you, get your news from stations you can trust such as the BBC or ITV and just watch or listen once a day



- Keep busy, make a list of things you need to do
- Do things that make you happy. Try new things. Look at pictures and think about happy times. Look outside at trees and nature.



## Daily Activity Check List

**A check list can help us remember what to do to take care of ourselves**



## Breathing exercise

**If you feel uneasy, this will help you to be calm**



1. Lie down and get comfortable
2. Take a deep breath in and hold it, make your muscles go tight
3. Breathe out slowly, let your muscles relax
4. Do this a few times in a row

# Food and drink

Eating well keeps us healthy, it gives us energy and helps our bodies fight off illness.



Eat food that has fruit and vegetables in it



Try new things, or things you like but have not had for a while



Choose food that is quick and easy to make



Make sure you never run out of food

- Keep some tinned and dried food in
- Get help with the shopping



If you do not feel hungry, ask your Doctor about what you can do about it

Check your weight – see if your clothes are getting too loose or too tight



Drink 6 to 8 drinks a day

- Some should be water, not just tea or coffee
- Do not have too many fizzy drinks



## Alcohol

Do not have more than

- 7 half pints of beer or
- 7 small glasses of wine a week
- Spread them out over the week
- Drink water between alcoholic drinks

# Be safe at home

## Stop scammers

**A scam is when someone tries to trick you out of money**



Beware of strangers who come to your door, or phone you



You do not have to let anyone in, or talk to them on the phone



Put the chain on if you answer the door  
Keep your back door locked



Check the identity of callers

- You can call someone to help you do this
- It is OK to take your time



Do not give people personal information such as your date of birth or bank details

**There is more Easy Read advice on keeping your money safe here:**  
[https://www.mencap.org.uk/sites/default/files/2020-04/Avoiding% 20Scams%20ER.pdf](https://www.mencap.org.uk/sites/default/files/2020-04/Avoiding%20Scams%20ER.pdf)



## Get your home ready for Winter



Get your boiler, cooker, water and gas pipes checked



Keep a torch handy in case there is a power cut



Have spare batteries for things such as torches, remote controls and hearing aids

## Keep warm



Keep your home warm

- Living rooms at 21°C
- Bedrooms at 18°C



Have hot drinks



Keep moving

Wear warm clothes, having different layers of thinner clothes is better than 1 thick layer

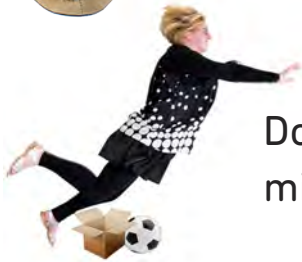
**Get help with heating costs. You can find out more here:**

**<https://www.gov.uk/government/publications/keep-warm-keep-well-leaflet-gives-advice-on-staying-healthy-in-cold-weather>**

## Trips and falls



Make sure your clothes and shoes fit well so they do not trip you up



Do not leave things on stairs or in places you might fall over them



Clean up if you spill something



Stand on a rubber mat in the bath or shower



Keep your home well lit  
Keep a light on at night in case you need to get up



If you are worried about falling, get an alarm so you can get help quickly



If you fall over, do not panic, stay calm.  
Try to get help by calling, or using your alarm, or bang on radiators or walls



## If you fall

If you are not in pain and think you are OK here is a safer way to get up off the floor



1. Roll onto your side, push up with your elbows



2. Push with your arms to get onto your hands and knees



3. Crawl to a chair or bed and hold onto it



4. Put 1 foot flat on floor, 1 knee on the floor



5. Push yourself up with your arms and your front leg until you are standing



6. Turn around and sit down and relax to get your breath back to normal

There is more Easy Read advice on trips and falls here:  
<https://www.sabp.nhs.uk/application/files/6015/1721/9073/FallsEasyRead.pdf>

## Stay safe from fire



Get a smoke alarm and check it  
The Fire Service can do this for you

Turn the cooker off before you go out of the kitchen



Do not smoke in the house, never smoke in bed



Do not dry clothes on top of electric heaters  
Keep heaters away from curtains and blankets



Do not use a hot water bottle at the same time  
as an electric blanket

# Get more help

## Money



### **Check you get all the money you should get**

Citizens Advice or a support worker may be able to help make sure benefits and pension are up to date

## Get help online



### **Ask someone you trust to help you get online**

You can use the internet to meet family and friends, take part in things and get information and help

### **Here are some websites that have easy read information about COVID-19:**

<https://www.mencap.org.uk/advice-and-support/coronavirus-covid-19>

<https://www.nhsinform.scot/translations/formats/easy-read/coronavirus-covid-19>

<https://healthwatchnorfolk.co.uk/coronavirus-covid-19/covid-19-coronavirus-easy-read-materials/>



## Community Hubs

Each area of Greater Manchester has its own **Community Hub**. They can help with

- Food
- Medication delivery
- Using online services



You can call them to get help in the Lockdown

**Bolton 01204 337 221**

Monday to Friday 8.30am to 5.30pm

Saturday: 9am to 1.30pm

**Bury 0161 253 5353**

Monday to Friday 9am to 5pm

**Manchester 0800 234 6123**

Monday to Friday 9am to 5pm

**Oldham 0161 770 7007**

Monday to Friday 9am to 5pm

**Rochdale 01706 923 685**

Monday to Friday 9am to 5pm

**Salford 0800 952 1000**

Monday to Friday 8.30am to 6pm

Saturday 9am to 1pm

**Stockport 0161 217 6046**

Monday to Thursday 9am to 5pm

Friday 9am to 4:30pm

**Tameside 0161 342 8355**

Monday to Wednesday 8.30am to 5pm

Thursday 8.30am to 4.30pm

Friday 8.30am to 4pm

**Trafford 0300 330 9073**

Monday to Friday 8.30am to 5.30pm

**Wigan 01942 489018**

Monday to Friday 9am to 5pm

Saturday and Sunday 9am to 12pm

**Textphone for all Greater Manchester areas****07860 022876**

They will reply to messages by next working day





## Other telephone help

Here are some other places you can phone for help



when it's less  
urgent than 999

### **NHS 111**

If you have any concerns about your health



### **Age UK 0800 169 6565**

Call for local Age UK contacts. Gives help and information for people in later life



### **Independent Age 0800 319 6789**

Advice and support for older people including information leaflets on a range of things



### **Silver Line 0800 470 8090**

Helpline for over 55s, call for cheerful chat day or night



### **Citizens Advice 0800 144 8848**

Free, independent confidential advice by telephone



### **Samaritans 116 123**

If you want to talk through worries or troubles



### **Refuge 0808 2000 247**

National Domestic Abuse Helpline



### **Carers UK 020 7378 4999**

Advice and support for carers



**Admiral Nurse Dementia Helpline 0800 888 6678**



**SHOUT Service – Text 'Shout' to 85258**

Advice available 24 hours a day for anyone with anxiety, depression, suicidal thoughts, abuse, assault, self-harm, bullying or relationship issues



**Greater Manchester Bereavement Service  
0161 983 0902**



**Greater Manchester Victim Support 0161 200 1950**

For support with any crime including domestic abuse



**LGBT Foundation 0345 330 3030**

A national charity gives advice, support and information to lesbian, gay, bisexual and trans communities. Also new Rainbow Brew Buddies befriending service



**Age UK Salford 0161 788 7300**

Information and resources on food and drink



**You Can GM 0300 123 1044**

Greater Manchester support to stop smoking



**Veterans Gateway 0808 802 1212**

Support and advice for people who have been in the armed services and their families

# Exercises you can do at home

**Doing some exercise every day helps you to stay healthy and feel better. It can be hard to get exercise in the Lockdown, so here are some you can do at home**

## **Stay safe when you do these exercises**

It is safe for most people to do these exercises, but if you have an illness you can check with your doctor to make sure



### **Before you start:**

- Tidy up the room where you will do the exercises
- Put away anything that could trip you up
- Wear loose, comfortable clothes
- Wear shoes that fit properly
- Have a glass of water nearby
- Keep your phone near in case you need to call someone for help
- Do your exercises near a steady table you can hold on to







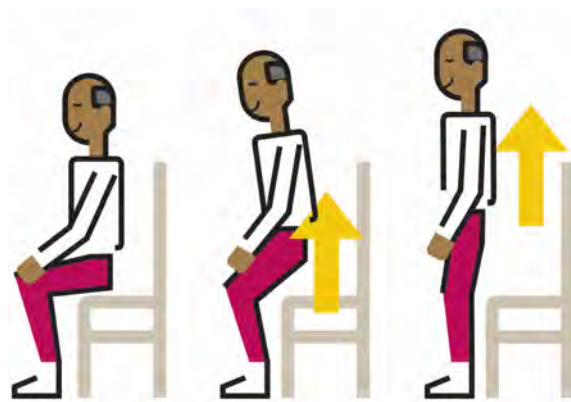
- Use a steady chair that will not wobble  
Do not use a chair with wheels
- Breathe normally when you exercise  
Do not hold your breath
- If you get dizzy or feel pain stop the exercises



**You may feel a bit stiff afterwards if you are not used to exercise. If you have severe pain call your doctor if you are worried**



## The exercises



### 1 Sit to Stand

This exercise will make your thigh and bottom muscles stronger

- Sit up tall a little in front of a chair facing forwards
- Place your feet flat on the floor and a little back from your knees  
Make sure your legs are apart in line with your hips, not close together
- Lean forward a little and stand up  
Use your hands on the seat to push up if you need to
- Stand up tall and step back until your legs are touching the chair
- Sit down as slowly as you can  
Use your hands on the chair if you need to

### Do this 10 times

Try not to use your arms to push up to make your muscles work harder. But take care not to fall over

## 2 Heel Raises

This exercise will help to make your ankles stronger



- Stand up tall with your feet as far apart as your hips  
Hold onto a steady chair or table for support
- Lift up your heels slowly while you count to 3 until you are on tip toe
- Lower your heels back down slowly while you count 5  
Try not to lean back or forwards or let your knees lock

**Do this 10 times**

Try to use less support to make muscles work harder

## 3 Toe Raises

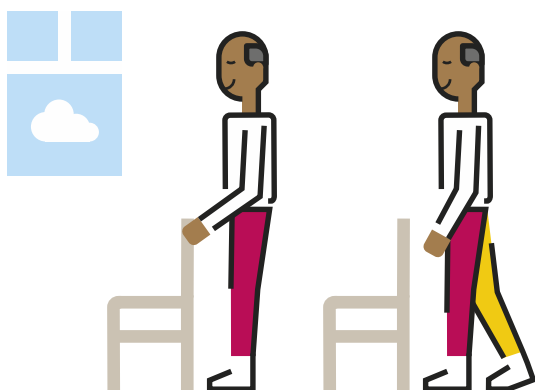
This exercise will help to make your ankles and your shin muscles stronger



- Stand up tall with your feet as far apart as your hips  
Hold onto a steady chair or table if you need to
- Lift the front of your foot slowly while you count to 3 until you are standing on your heels
- Stay upright and try not to lean back or forwards  
Try not to let your knees get locked

**Do this 10 times**

Try to use less support to make muscles work harder



#### **4 Heel Toe Stand**

**This exercise will help to make your ankles stronger and make it easier to keep your balance**

- Stand up tall with your feet as far apart as your hips  
Hold onto a steady chair or table if you need to
- Place one foot in front of the other one to make a straight line and look straight ahead
- Try to keep your balance like this for 10 seconds

Go back to standing as normal with your feet apart

**Do this 2 times**

Try the exercise with the other foot in front

Try to keep your balance for 10 seconds, then go back to standing as normal with your feet apart

**Do this 2 times**

Balance for longer to make muscles work harder

## 5 Heel Toe Walking



- Stand up tall beside a chair or table
- Walk 10 steps forward in a straight line by putting each foot straight in front of the other one

Keep looking straight ahead while you do this.  
Do it slow and steady, without support unless you need to



- At the end of the walking, stand with your feet apart
- Turn around slowly then walk back to where you started in the same way
- Try to walk backwards to make this harder

## 6 One Leg Stand

This exercise will help to make your ankles and legs stronger. It will help you balance better so fall over less



- Stand close to a chair or table, hold on with 1 hand
- Lift up 1 foot just behind you and balance on 1 leg  
Keep this leg straight but try not to lock your knee
- Stand up tall and look straight ahead for 10 seconds
- Do the same exercise balancing on the other leg

Do this exercise 2 times on each foot

Try to balance for longer to make this harder





This is the easy read version of the booklet Keeping Well this Winter. It was made for the Greater Manchester Combined Authority Ageing Hub by Manchester People First in January 2021

If you have comments or feedback, Email:  
[ageinghub@greatermanchester-ca.gov.uk](mailto:ageinghub@greatermanchester-ca.gov.uk)