

STAYING WELL AND HEALTHY IN THE UK

Useful resources and further information



NHS East Suffolk & North Essex
www.esneft.nhs.uk



Feel Good Suffolk
www.feelgoodsuffolk.co.uk
Helping you make healthy changes
to: manage a healthy weight, be more
active, or stop smoking.



Suffolk Mind
www.suffolkmind.org.uk

We all have mental health.
Get the support you need.



ActivLives
www.activlives.org.uk
Local independent charity working in
Ipswich and across Suffolk to keep
people active, connected and involved.

GOV. UK Guidance

Keeping warm and well: staying safe in cold weather

<https://www.gov.uk/government/publications/keep-warm-keep-well-leaflet-gives-advice-on-staying-healthy-in-cold-weather/top-tips-for-keeping-warm-and-well-this-winter>



BSC Multicultural Services
Supporting over 50 nationalities



www.bscmulticulturalservices.org.uk



Suffolk and
North East Essex
Integrated Care Board



BSC MULTICULTURAL SERVICES, ROOM 29, 19 TOWER STREET, IPSWICH IP1 3BE

TELEPHONE: 01473 400081 / 429740

Charity no. 1104502 Registered Company No. 05088364



BSC Multicultural Services
Supporting over 50 nationalities



Winter in the UK brings shorter days, cold weather, increased risk of illness, and changes to daily routines. This guide provides practical steps to help protect your physical and mental health throughout the season.



1

PROTECT YOURSELF FROM COLD WEATHER

Dress for the weather

- Wear several thin layers rather than one thick layer.
- Use hats, gloves, scarves, and thermal socks to prevent heat loss.
- Choose warm, waterproof outer layers to protect against cold winds and rain.
- Keep your home warm
- Aim to heat main living areas to 18°C or above, especially for older adults, young children, or those with chronic health issues.
- Close curtains and use draught excluders to retain heat.
- Heat only occupied rooms to reduce energy bills where needed.



5

STAY ACTIVE

- Aim for at least 150 minutes of moderate activity per week.
- Try activities such as indoor exercises that work in small spaces:
Yoga / Pilates / Bodyweight Workouts / Light stretching
- Short, brisk walks outside help boost mood and immunity.



2

SUPPORT YOUR IMMUNE SYSTEM

Eat nutritious meals, including:

- Warm soups, stews, vegetables and whole grains.
- Foods rich in vitamin C (citrus fruits, peppers, broccoli).
- Zinc-rich foods (beans, lentils, seeds).

Stay hydrated

- Drink plenty of water even when you don't feel thirsty.
- Herbal teas help keep warm and hydrated.

Supplement vitamin D

- The NHS recommends at least 10 micrograms (400 IU) daily during autumn and winter.
- This helps maintain bone health and supports immunity.



6

PREPARE FOR WINTER WEATHER EMERGENCIES

- Keep a winter emergency kit:
Torch / Batteries / Warm blankets / Bottled water / Non-perishable foods
- Check weather forecasts regularly.

8 PRACTICAL TIPS TO HELP YOU AND YOUR FAMILY STAY FIT AND HEALTHY THIS WINTER



3

MANAGE AND PREVENT WINTER ILLNESSES

Get vaccinated

- Flu jab recommended for:
Over 65s / Pregnant individuals / Carers / People with certain health conditions
- COVID-19 booster (if eligible) during the winter campaign

Know when to seek help

- NHS 111 online or phone for urgent but non-emergency health questions.
- Keep basic medicines at home:
Paracetamol / Ibuprofen / Throat Lozenges / Cough Remedy / Decongestants / Thermometer

Practice good hygiene

- Wash hands regularly.
- Cover coughs and sneezes.
- Ventilate rooms to reduce virus spread.



4

LOOK AFTER YOUR MENTAL WELLBEING

Stay connected

- Make time for family, friends or community groups.
- Schedule regular social activities to avoid isolation.

Get daylight exposure

- Try to go outside for a walk during daylight hours - morning light is especially helpful.

Consider SAD (Seasonal Affective Disorder)

- Symptoms may include low mood, tiredness, or loss of interest.
- Light therapy lamps, daily exercise and talking therapies may help.
- Contact a GP if symptoms persist.



8

MAINTAIN HEALTHY LIFESTYLE HABITS

- Maintain regular sleep patterns.
- Limit sugary snacks.
- Quit smoking - if possible, use NHS stop-smoking service



7

SUPPORT FOR VULNERABLE PEOPLE

Check on neighbours and relatives

- Particularly elderly or isolated individuals.
- Ensure they have heating, food and essential supplies.