



Winter Wellness

As we approach winter, it is important to know and understand what we can all do to keep well. Here you'll find some useful information.



If you need help accessing food, medicines or feel lonely contact:

0300 500 80 80

www.nottinghamshire.gov.uk/care/coronavirus/nottinghamshire-coronavirus-community-support-hub

Keep Moving

Feel Good Families

Feel Good Families provide positive activities for Ashfield families to take part in encouraging you to play, smile and be active together. To receive updates about the latest opportunities you can register for FREE at www.ashfield.gov.uk/feelgoodfamilies or follow our 'Feel Good Families' Facebook page.

One Step at a time - Buddy Walks

Ashfield Voluntary action are currently recruiting local volunteers to support residents from the Coxmoor area of the district who may want to venture out into the community but are finding it difficult. If you are interested in becoming a walk buddy or would like to be kept updated about when this opportunity is available for you to access and get support, please contact Sylvia Porter, Step By Step Project Officer, 01623 555 551 or email info@ashfieldvoluntaryaction.org.uk

Leisure Centres

Lammas Leisure Centre, Hucknall Leisure Centre and Festival Hall are run by Everyone Active, and offer a number of membership

and pay as you go options. They offer a variety of activities including swimming, gym and group exercise. They also offer an exercise referral scheme, which offers a tailor made package to help improve physical activity levels for those with pre-existing health conditions. And if you don't want to or are unable to leave your house, they have an online offer available too. www.everyoneactive.com

Staying Active at Home

Our local Active Partnership, Active Notts have put together some useful activities that can be done in your own home or local area. www.activenotts.org.uk/active-during-coronavirus

Falls Prevention

Lots of helpful tips and advice on how to prevent a fall can be found in this helpful booklet. www.nottinghamshire.gov.uk/media/115630/getupandgo.pdf

Eat Well

Foodbanks

There are many foodbanks in Ashfield, offering food parcels when you need them most.

Sutton - Let's All Eat

Tel: 07592 482472

Hucknall - Hucknall Engage

Tel: 0115 952 1236

Email: info@uorhucknall.org.uk

Kirkby - Kirkby Storehouse

Tel: 07414 576975

Email: info@ashwoodchurch.org.uk

Ashfield and Mansfield

Emergency Foodbank

Tel: 07592 482472

County Enterprise Foods

County Enterprise Foods is managed by Nottinghamshire County Council and is away to access hot or frozen meals, delivered directly to your door.

www.countyenterprisefoods.co.uk

Keep warm

Citizens Advice Ashfield

CAA can provide free, confidential, and independent advice for saving on your energy costs.

Tel: 01623 784357

Email: energy@ashfieldca.org.uk

Age UK Nottingham and Nottinghamshire

Age UK Notts provide five free services for people over the age of 50 years old.

1. Benefits Check –
0115 8599209

A short assessment can find out if you are entitled to any benefit and help you to apply.

2. Home Energy Checks –
0115 8599260

Free supply and fitting of energy saving measures, e.g. draught excluders, energy saving light bulbs, etc.

3. Heating and Boiler Repairs –
0115 8599260

Funding available* to help those who may need financial assistance for heating and boiler repairs.

4. Age UK Business Directory –
0800 0114643

The Age UK Business Directory provides a way for clients to find trustworthy tradespeople in their area.

5. Covid-19 Welfare Service –
0115 8440011

We can help with shopping and prescription delivery during the health crisis.

Support for Ashfield Residents living with a Long Term Health condition

– If you have a long term health condition and would benefit from improvements in your heating system you can contact Ashfield District Council on 01623 457036 to discuss the support available to you.

Keep Well

Age UK Notts – Connect Service

Based in the mid-Nottinghamshire, the Connect team are able to offer support to people living in the districts of Mansfield, Ashfield and Newark & Sherwood who feel they have deteriorating independence because of factors associated with age, mobility, disability, long term health conditions or bereavement.

The Connect team are able to offer information, advice, signposting and practical support around physical and mental health, care needs, housing, finances, social interaction and engagement with community. Call 01623 488217 for help to access:

- Advice and information
- Financial advice
- Gardeners, cleaners and handyperson services
- Available transport
- Home adaptations and living aids
- Exercise and falls prevention
- Social activities, clubs and groups
- Carer support
- Welfare benefits
- Housing and care options

- Help manage long term conditions, including dementia
- Support groups, advocacy and talking therapy

The Lifeline Service

Are you vulnerable and need extra reassurance in your home? Do you worry about how you'd get help in an emergency? Do you want 24 hour emergency help, at the touch of a button? Available from as little as £3.85 a week.

This service uses Lifeline pendant equipment to link you in your home to a 24-hour call centre. You are given a discreet button to wear around your neck or wrist that will connect you to the call centre when pressed, giving you the reassurance help can be summoned quickly in an emergency.

For more information visit: www.ashfield.gov.uk/Lifeline
Phone: 01623 608888 (option 5)
Email: first4support@ashfield.gov.uk

Home Adaptations to support your wellbeing

Nottinghamshire residents requiring adjustments or adaptations, ranging from additional handrails right through to a stairlift or wetroom, can contact Nottinghamshire County Council's golden number, telephone: 0300 5008080. An assessment will be conducted and a referral made to the appropriate authority if deemed appropriate.

Ashfield Citizen's Advice

They provide free, confidential and impartial advice and campaign on big issues affecting people's lives in Ashfield. They can work with you to find out more about your problem, give you information, explain your options and identify what further action can be taken. They can also help you with filling in forms, drafting letters and contacting third parties on your behalf.

They also have specialist debt and welfare benefits caseworkers who deal with more complex cases and can work with you over time to help you resolve your debt or benefit issues.

Website: www.ashfieldca.org.uk

E-mail: ashfieldca.org.uk

Phone: 07752 099013

Your Health Your Way Notts

Your Health Your Way is a free service available to support residents of Nottinghamshire (excluding Nottingham City) to lose weight, get more active, eat healthier, drink less and quit smoking. For more information or to make a quick, easy self-referral visit www.yourhealthnotts.co.uk or call us on 0115 772 2515.

Residents can access the following support from this service:

Weight management Support

(adults, families, maternity): Losing weight and keeping it off can be hard. We take a realistic approach to weight management, no strict/expensive diets or exhausting exercise routines but positive, regular, practical, and realistic changes to achieve a healthy weight. In each session we will go over a nutritional, followed by an exercise session (until we are able to go face to face this is done over zoom).

Physical Activity support: If you think you currently do less than an hour of activity a week then we can support with personalised activity support, you can join one of our groups to increase your fitness levels safely and 1:1 support. Current interventions are over zoom, and face to face in small groups outdoors.

Smoking support: Our Stop Smoking Service helps individuals (12 years+) quit smoking for good. Our dedicated and friendly stop smoking advisors deliver a range of 1-1 and drop-in sessions as well as phone and digital support. We provide a full range of free nicotine replacement therapy/champix alongside weekly support from our stop smoking advisors.

You can also have full access to digital support using our Quit Genius app. The app provides 24/7 support with access to a trained stop smoking practitioners any time of the day. You can also use your smart phone to record your progress and help take positive steps towards a smoke free lifestyle.

Alcohol support: It has been reported that at least 1 in 5 drinkers have been drinking

more frequently since lockdown began. We deliver for those aged 18+, support to reduce alcohol intake and drink within the recommended guidelines.

Flu Vaccines

People who are eligible for the flu vaccine are being urged to receive it as it will reduce the risk of catching and spreading the virus over the winter months. You can get the flu vaccine from your GP or a local pharmacist. To learn more about who should have the flu vaccination visit: nottscgg.nhs.uk/flu-guidance/flu.

If you are pregnant, you are advised to have the flu vaccine regardless of the stage of pregnancy you have reached. To find out how you can access the vaccine visit: nottscgg.nhs.uk/flu-guidance/the-flu-vaccine-in-pregnancy.

The children's flu vaccine is offered as a yearly nasal spray. To read more and learn about at what ages children should have the nasal spray flu vaccine visit: nottscgg.nhs.uk/flu-guidance/flu-and-young-children

To read more about the eligibility for people with long-term health conditions to receive the flu

vaccination visit: nottsccg.nhs.uk/flu-guidance/flu-and-young-children

Ashfield Voluntary Action Access Project

The Access Project helps you get started with learning IT and computer skills including:

- Basic Keyboard & Mouse/ Touchpad skill
- Basic Account and Email use. Basic Internet Use
- Help on understanding Security and looking after your device

Not forgetting any skills on what you want to do too! For more information telephone Ashfield Voluntary Action 01623 555551 or email S.Wass@ashfieldvoluntaryaction.org.uk

MIND

MIND is a national charity offering support for mental health. Information is available to help us understand types of conditions, treatments available, support services, tips for everyday living and much more www.mind.org.uk/information-support. 5 ways to wellbeing is also very helpful in giving practical ways we can all stay well www.mind.org.uk/workplace-mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing

Insight Healthcare

Access to talking therapies for adults. To find more information and self-refer visit their website: www.insighthealthcare.org/our-services/talking-therapies/find-a-service/mid-nottinghamshire

Shawmind

Shawmind run a monthly virtual ManCave group aimed at encouraging conversation around mental health in men. To find out more, you can visit Shawmind's website: shawmind.org or contact them on 01636 600 830.

Turning Point

Call the Nottinghamshire Mental Health Helpline if you need some emotional support or information about your mental health. This helpline is available between 9am and 11pm, 7 days a week. To find out more visit: www.turning-point.co.uk/services/nottingham-helpline or call 0300 555 0730.

Kooth (11 - 24 years)

Kooth offer free and anonymous online text based support for young people that is accessible via www.kooth.com

CAMHS (0-18 years)

The Child and Adolescent Mental Health Services (CAMHS) are NHS services and offer support for young people experiencing emotional and mental health problems. For more information, click here: www.nottinghamshirehealthcare.nhs.uk/camhs

Domestic Abuse and Violence support

If you are experiencing domestic abuse or violence and you or your family are in immediate danger you should call 999. The following support services are also available to get in touch with:

- Juno women's aid – 24 hour helpline for women 0808 800 0340
- Helpline for men 0808 8010327
- Nottinghamshire Independent Domestic Abuse Service (NIDAS) - a small, friendly local charity working across Ashfield and Mansfield. If you or anyone you know needs advice, support and guidance, please get in touch. Please note we are not a crisis support service. Telephone 01623 683250 or email hello@nidas.org.uk

Support for Carers

The following local services offer support to local carers, including young carers:

- Nottinghamshire County Council – Get in touch to discuss the support available based on your needs and circumstances, Telephone 0300 500 8080, email enquiries@nottscc.gov.uk
- Nottinghamshire Carers Hub – We provide a range of free support for local carers. For more information call our helpline 0115 82248824, email hub@carerstrustem.org or visit www.tuvida.org
- Carers Federation – Contact us on 0115 9629 310, email info@carersfederation.co.uk or visit www.carersfederation.co.uk

Healthy Start

With Healthy Start, you get free vouchers every week to spend on milk, fresh, frozen, and tinned fruit and vegetables, fresh, dried, and tinned pulses, and infant formula milk. You can also get free vitamins. Pregnant or have children under the age of four? You could qualify if you're on benefits, or if you're pregnant and under 18. www.healthystart.nhs.uk