



Issue 1

29 November 2016

Welcome to the first newsletter for the Winter Wellness Network. We've got some key messages for you to be sharing this month with your clients to help keep them to **stay well and warm** this winter.

In this edition, **Warm Home Discount, power cut assistance, advice from the Horsham and Mid Sussex CCG and myth busting!** Phew!



On a low income?
Don't miss out!
Apply today for your £140

It all about the money, money, money....

Warm Home Discount scheme helps low-income and vulnerable households with energy costs. Clients receiving pension credit should receive it automatically from their energy company, others will need to apply.

Pre-pay customers and pay- as – you - go meters qualify. Customers need to ring their electricity company and ask!

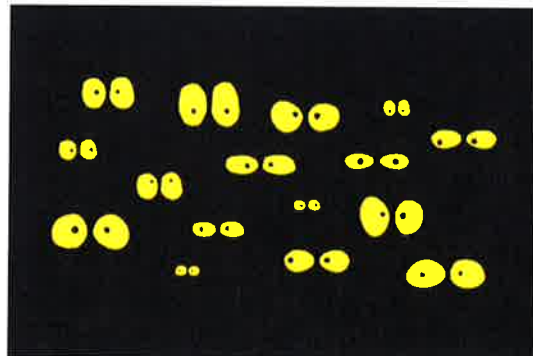
Find out more...

<https://www.gov.uk/the-warm-home-discount-scheme/what-youll-get>

'Tis the season for....

storms and power cuts. 105 is the new 3-digit number that people can call to report or get information about power cuts.

It's a free phone number and callers will be directed to the local electricity network operator. Now pass the torch so I can find my 'phone!





Stay Well

It's important to look after yourself, especially during the winter. Feeling cold and cold weather can be seriously bad for your health. Encourage your clients that if they start to feel unwell, even if it's a cough or a cold, not to wait until it gets more serious. Seek advice from local pharmacist.

Find out more

<http://www.horshamandmidsussexccg.nhs.uk/news/gps-warn-cold-weather-can-be-seriously-bad-for-your-health/#.WEk7sU176po>



These boots are made for walking....

Walking is a great way to boost circulation in the colder months.

Horsham District Council offer guided health walks for your clients with gentle and more strenuous walks. The guided walks are also a great way to socialise with likeminded people. You can find the walking programme

here. <https://www.horsham.gov.uk/leisurepages/Leisure/sports/outdoor-sports/walking>

Myth buster

Shut that window! Contrary to popular belief sleeping in a cold room with the windows open, particularly in the winter, is not good for you! Temperatures dip just before dawn, which is when chest infections can creep in. Ventilation is great, but your curtains are flapping, that's too much.

Finally

If you have any events, training sessions or resources you would like to share please email gill.daniel@horsham.gov.uk with details for inclusion in the January edition.

Until next time, Warmest Wishes!



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