



Broxtowe  
Borough  
COUNCIL

# WINTER WELLNESS

During 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](http://www.nottinghamshire.gov.uk/care/coronavirus/nottinghamshire-coronavirus-community-support-hub)



[www.broxtowe.gov.uk](http://www.broxtowe.gov.uk)

# Stay safe and well this winter

This year has been like no other. Normally, many of us would take time to visit our older relatives, friends and neighbours as winter approaches to ensure they are safe and well. However, under the current COVID-19 restrictions we now have to do things a little differently. Even though we may not always be able to pop round for a cuppa at the moment, it is really important that we still check in with vulnerable people by phone, text or online chat.

When you are talking to people, please let them know about the winter warmth advice available online. There is also a section about staying steady which includes top tips on preventing a fall: [www.nottinghamshire.gov.uk/care/health-and-wellbeing/stay-well-this-winter](http://www.nottinghamshire.gov.uk/care/health-and-wellbeing/stay-well-this-winter)

We also recommend reading the informative 'Get Up and Go' guides, which are packed with lots of useful information including how to reduce the risk of trips and falls in the home and what to do if someone else has a fall. Contact Nottinghamshire County Council on 0300 500 80 80 if you would like to get a free copy of the guide. If you are unable to check the risks in your own home, Nottinghamshire Fire and Rescue Service may be able to organise a safe and well visit. This includes a discussion about falls and other potential risks. Find out how to make a referral or phone 0115 8388100.

# Keep Moving

## LLeisure

Bramcote Leisure Centre, Chilwell Olympia and Kimberley Leisure Centre are run by LLeisure, 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. If you don't want to or are unable to leave your house, they have an online offer available too [www.lleisure.co.uk](http://www.lleisure.co.uk)

## Broxtowe Walk and Talk

Currently, organised walking has been adversely impacted by the Coronavirus and activities are currently suspended. However, when it is safe to do so, please visit the sites below to find information and updates about organised walks. [www.broxtowe-walkandtalk.com/](http://www.broxtowe-walkandtalk.com/)  
[www.nottsguidedwalks.co.uk/health-walking/broxtowe-walk-and-talk/](http://www.nottsguidedwalks.co.uk/health-walking/broxtowe-walk-and-talk/)

## 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](http://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](http://www.nottinghamshire.gov.uk/media/115630/getupandgo.pdf)

# Eat Well

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

## Eastwood Volunteer Bureau Food Bank

For those in need there is a Food Bank situated at Eastwood Volunteer Bureau, at the back of Eastwood Library. For more information & eligibility call **01773 535 255** on Fridays between 10:00 am and 1:00 pm.

## The Haven Church,

Wadsworth Rd Stapleford  
NG9 8BD

Tuesdays 10am – 12pm

Fridays 10am – 12pm

You can contact us on **0115 824 0287**, or email us on [foodbank@havencentre.co.uk](mailto:foodbank@havencentre.co.uk)

## 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](http://www.countyenterprisefoods.co.uk)**

## Montrose Court foodbank

Food bank operating from our church premises. Our normal opening hours are 9.00-11.30am Mondays, Wednesdays and Thursdays. However under the current emergency situation we are operating all weekdays but on a 'non-contact' basis.

Please email, call, text or leave a message on our Facebook page, Food parcels are made up and then delivered to the doorstep. Monday to Friday 9am 6pm (please leave a message).

- **[emmajane34@hotmail.co.uk](mailto:emmajane34@hotmail.co.uk)**
- **07941 367 911**
- **Facebook page Church at Montrose Court**

## HOPE Nottingham,

Locations of current and planned Hope Nottingham foodbanks around Nottingham can be found at **[www.hope-nottingham.org.uk/foodbank-locations](http://www.hope-nottingham.org.uk/foodbank-locations)**. Phone us on **0303 040 1110** to discuss our foodbank

# Keep Warm

## Age UK Nottingham and Nottinghamshire

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

### Benefits Check

**0115 859 9209**

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

### Home Energy Checks

**0115 859 9260**

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

### Heating and Boiler Repairs

**0115 859 9260**

Funding available\* to help those who may need financial

assistance for heating and boiler repairs.

### Age UK Business Directory

**0800 011 4643**

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

### Covid-19 Welfare Service

**0115 844 0011**

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



# Keep Well

## Connect Service

Connect helps customers in Broxtowe to live independently at home.

From time to time people can find living independently at home a bit of a struggle; perhaps you've had a bout of illness, or feel anxious about getting out and about, maybe you're feeling lonely, or money's a bit tight. If you're finding it difficult to cope, for whatever reason, our Connect service can help.

As everyone's different, with their own individual needs, our service is completely flexible. This means we can provide you with the support that's right for you, and connect you with the most appropriate services to deal

with any current issues you might have. This can take the stress out of all kinds of practical issues so you don't need to worry.

## How to contact Connect

To find out more, or to make an appointment, please call us on **01159 395 406** or email us at **[connect@metropolitan.org.uk](mailto:connect@metropolitan.org.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 500 8080. An assessment will be conducted and a referral made to the appropriate authority if deemed appropriate.

## 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](http://www.yourhealthnotts.co.uk) or call us on **0115 772 2515**.

## Broxtowe citizens advice

They provide free, confidential and impartial advice and campaign on big issues affecting people's lives in Broxtowe. 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. In the current Covid times they are still around to help but to ensure everyone is kept safe the majority of the advice is currently by telephone, email or webchat.

They have specialist debt, housing, and welfare benefits caseworkers who deal with more complex cases and work with you over time to help you resolve your debt, housing or benefit issues. They also have advisers who can review your energy bills and provide advice on reducing your energy costs.

In addition they have also linked up with Nottinghamshire Mind to provide 1 to 1 appointments (mainly telephone at the moment) to access information, support and signposting on a range of mental health issues.

Website: [www.citizensadvicebroxtowe.org.uk](http://www.citizensadvicebroxtowe.org.uk)

Nottinghamshire Adviceline:  
(Freephone) **0800 144 8848** or  
Text phone **0800 144 8884**

Local Telephone Calls to the Local Offices

Beeston Area - **0115 917 3802**

Eastwood Area - **01773 768 363**



**citizens  
advice**

## 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 £3.72 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.broxtowe.gov.uk/for-you/housing/lifeline/](http://www.broxtowe.gov.uk/for-you/housing/lifeline/)**

Phone: **0115 917 3358**

Email: **[lifeline@broxtowe.gov.uk](mailto:lifeline@broxtowe.gov.uk)**

## Broxtowe Women's Project:

Broxtowe Women's Project is your local Domestic Abuse service offering support to Women and Children via a range of services, find out more at our website or contact us on the numbers below:





## Mental health support in Nottinghamshire

The ongoing coronavirus pandemic, and associated restrictions and worry, might have had an impact on your mental health. There are lots of things you can do to manage your mental health and locally there's lots of support and advice available.

### Mental health support line

Need someone to talk to? The Nottingham and Nottinghamshire mental health advice line is available 9am-11pm, 7 days a week. If you're struggling with mental health issues call **0300 555 0730** for emotional support and more information about the help that's available locally. See more here. [www.turning-point.co.uk/services/nottingham-helpline](http://www.turning-point.co.uk/services/nottingham-helpline)

### Talking therapies

Across South Nottinghamshire, people can access Talking Therapies services, which can help you if you're suffering with issues like depression, anxiety, panic, phobias, obsessive compulsive disorder (OCD) and stress. You can contact services directly:

- Insight Health Care (or call **0300 555 5582**) [www.insighthealthcare.org/our-services/talking-therapies/find-a-service/nottingham/](http://www.insighthealthcare.org/our-services/talking-therapies/find-a-service/nottingham/)
- Let's Talk Wellbeing (or call **0115 956 0888**) [www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing](http://www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing)
- Trent PTS (or call **0115 896 3160**) [www.trentpts.co.uk](http://www.trentpts.co.uk)



**IN A CRISIS?**

Call our 24/7 Mental Health Crisis Line on: **0808 196 3779**

talk to people

you can trust

We want everyone to be able to access help when they need to. If you are deaf or hard of hearing and in a crisis, find out how to get help at [nottinghamshirehealthcare.nhs.uk/help-in-a-crisis](http://nottinghamshirehealthcare.nhs.uk/help-in-a-crisis)



## **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**

## **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](http://www.nottinghamshirehealthcare.nhs.uk/camhs)**

## **Kooth (11 – 24 years)**

Kooth offer free and anonymous online text based support for young people that is accessible via **[www.kooth.com](http://www.kooth.com)**

## 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 8224 8824, 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**

## 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: **nottsccg.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: **nottsccg.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: **nottsccg.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**

## 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](http://www.healthystart.nhs.uk)



## Staying up to date



Sign up to our email me service - subscribe to updates on the services that matter to you, all direct to your inbox with our Email Me Service.

[www.broxtowe.gov.uk/emailme](http://www.broxtowe.gov.uk/emailme)



Follow us on social media for daily updates and news from across the Borough. You can find us on Facebook, Twitter, LinkedIn and YouTube

ہمیں تمہیں اس سروس کے بارے میں مزید جاننے کے لیے مددگار رہیں گے۔ اگر آپ کو اس سروس کے بارے میں کوئی سوال ہے تو براہ کرم 0115 917 7777 پر رابطہ کریں۔

如果您需要此傳單用其他的形式或文字構成，請撥電話 0115 917 7777 與我們聯絡。

اگر آپ جاننا چاہتے ہیں کہ یہ سروس آپ کو کتنا مددگار ہے تو براہ کرم اس سروس کے بارے میں مزید جاننے کے لیے مددگار رہیں گے۔ اگر آپ کو اس سروس کے بارے میں کوئی سوال ہے تو براہ کرم 0115 917 7777 پر رابطہ کریں۔

If you need this leaflet in other formats or languages contact us on 0115 917 7777

### TYPETALK - TEXT DIRECT



Typetalk's purpose is to bring the benefits of the telephone network to deaf, deafblind, deafened, hard of hearing and speech-impaired people.

Managed from a state-of-the-art centre, Typetalk's highly trained operators understand the special requirements of its customers and provide a warm, friendly service in complete confidentiality.

For Broxtowe Borough Council telephone 18001 0115 917 7777.



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Foster Avenue, Beeston,  
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