

wellbeing

Helping you live your life

NHS
iapt

Improving Access to
Psychological Therapies

Senior Messenger Winter Edition

Seasons
Greetings



Welcome...

... to this very special edition of our Senior Messenger.

Christmas can be a wonderful time of year but for many it can be a time of sadness and loneliness. Especially those of us who are isolated and alone, the holidays only underline the loss of loved ones and family. For these reasons we wanted to put together a range of information about where you can get support and help this Christmas season.

Whatever Christmas time means to you Wellbeing wish you all a happy yuletide.

Contents

- 2 Wellbeing Suffolk
- 3 The most wonderful time of the year!
- 4 Wellbeing Suffolk Workshops
- 5 Getting Out Guide
- 10 Wellbeing Friends
- 11 ActivLives
- 14 Wellbeing Online Community Events
- 15 Five Ways to Wellbeing
- 16 Are you winter ready?
- 19 Winter Ready, Support to Stay Warm
- 20 Suffolk Family Carers
- 21 Vital Vitamin D
- 23 Jump Start January
- 24 Help from our friends
- 25 Wellbeing referral details

Julie





Wellbeing Suffolk is your local NHS IAPT service.

IAPT stands for Improving Access to Psychological Therapies and is a nationwide strategy to offer support for people with low mood, depression and/or anxiety, and for those living with long term health conditions.

We offer a range of support from workshops, courses and a range of talking therapies. All the support we offer is **FREE.**

Our service provides support to anyone aged 16 or over. To access our individual support, you will need to **make a self referral. However we do have a range of workshops and community event available on our website.**

For more information please visit our website or give us a call.

**wellbeingnands.co.uk
0300 123 1503**



“It’s the most wonderful time of the year!”

This is what we hear throughout December, whether it’s on the radio, the telly or out in public, we are constantly told that Christmas is a time to be happy. But what if you’re not happy? What if Christmas brings with it problems and sadness? The reality for many of us that the pressure to be happy all the time masks internal turmoil that we keep under our party hats.

Loneliness at Christmas

So the impact of COVID on our Christmas is going to result in many of us feeling isolated and lonely. For those who are bereaved, it will be an especially hard time.

The season stirs up memories and highlights feelings of loss and isolation. And it’s not just older people who suffer from feelings of loneliness. Many younger people too will find themselves missing friends and family. In most normal years the media images of communities and families coming together to celebrate can underline any loss or loneliness felt.

So what can you do to combat loneliness this Christmas?

Charities play a vital role in helping to beat loneliness. Check out the 'Getting Out Guide' P,5 and also P,25 of this newsletter for details of local charities and organisations who are providing outreach services around Suffolk.

It maybe that you want to volunteer for one of these charities too, either way it can be a great opportunity to meet new people and enjoy the festivities. If you are really struggling, the Campaign to end Loneliness offers advice and resources to help relieve your feelings of isolation.

Wellbeing Suffolk Workshops



Wellbeing Suffolk have a range of FREE one off workshops that you can access online. They deal with lots of different issues from 'sleep', to 'relaxation' and our very useful 'anxiety toolkit'. They help people by giving them the knowledge they need to begin to make positive changes in their lives.

When you register for one of our workshops you will be asked to fill in a short form with your contact details so we can send the access codes out to you. Workshops are completely anonymous, you won't need your camera or microphone switched on. The sessions are delivered by our clinicians and when the session is over a recording of it will be sent to your email. So no need to worry if you don't get all the information in one go.

If you would like more information about a specific workshop, please give us a call on: **0300 123 1503** or chat to our live chat team between 2 and 4pm on our website.

To register for our workshops go to our website to sign up. Please register at least 24 hours before a workshop to enable our admin team to get the joining links sent out to you.

wellbeingnands.co.uk/suffolk/get-support/courses/

Long term conditions

Living with a long term condition can be hard. It can be difficult to adjust to a 'new normal'. At Wellbeing we have a range of ways we can support you to learn to live with your health issues and arm you with helpful coping strategies so you can live life well.

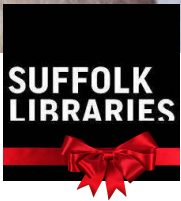
We have a range of FREE one off online Workshops. Living Well with Diabetes, Living Well with IBS (Irritable Bowel Syndrome), Living Well with Pain and Living Well with Coronary Heart Disease. These can be accessed on our website, all you need to do is register for a session at least 24 hours before it runs and you will be sent the log on details by our admin team. You'll also get a recording of the session afterwards.

We also have a Long Term Condition pathway through the service when you refer in to Wellbeing. This is a much longer course which looks in more depth at how to adapt and change to get back control.

For more information visit our website.



Getting out Guide



Suffolk Libraries sit at the heart of our communities and they have a plethora of groups and meet ups you can make the most of this festive season.

Monday Tuesday Wednesday Thursday Friday

Top Time. Social Groups for over 55's

Gainsborough Community Library. 2-4pm every other Monday.

Board Games and Jigsaw Groups

Board Games and Cards Group. Mildenhall Library. 2-4pm every week

Bingo Games. Chantry Library. Every Monday at 3pm

Conversation Groups

Chat and Chill. Ladies conversation group, multi-cultural meet up, Ipswich County Library. 10-11.30am every week

Book, Reading and Writing Groups

Poetry Group. Brandon Library. 1st Mon month 11-12.30pm



Clare Library 11am every week

Top Time Creative Writing. 2.30-4 2nd Tues month 14th Dec. Sudbury Library.

Felixstowe Library 2-4pm every week

Lavenham Library £2 every other Tues. 2.30-4pm

Top Time Talks. Sudbury Library. 2.30-4pm every 4th and 5th Tues

Knit and Natter and Crochet Groups

Crochet and Coffee. Stowmarket 5-6.30pm every week

Stowmarket Library. 10-12am every week

Board Games and Jigsaw Groups

Jigsaw Group Leiston Library 10.30-12noon every week

Jigsaw Group Needham Market 5-6.30pm every week

Haverhill Library 10-11am and 11.30-12.30 every week

Top Time Book Group. Lakenheath Library. Last Wed month 4-5 29th Dec

Hadleigh Library 10.30am-12.30pm every week

Long Melford. 3-4pm every week

Knit and Natter and Crochet Groups

Broomhill Library. 2-4pm every week

Board Games and Jigsaw Groups

Scrabble Club. Clare Library 4th Wed month 22nd Dec 2.30pm

Colouring and Art Groups

Water Colour Art Group. Thurston 2-5pm every week

Stowmarket Library. 10-12am every week

Saxmundham Library. £1 10-12noon every week

Rosehill Library. 50p for refreshments. 10.30-12noon every week

Top Time Games Club. 4th Thurs month. 2-4pm Woodbridge Library

Ipswich County Library. 2.15-3.45pm every week

Newmarket Library. £1 2.30-3.30pm every week

Top Time Play Reading Woodbridge Library 3rd Thurs month 16th Dec 2-4.30pm

Knit and Natter and Crochet Groups

Stowmarket Library 10-12am every week



Kedington Library 9.30-11am every week

Bury St. Edmunds Library 10.30-11.45am weekly

Needham Market. 2.30-4pm every week

Knit and Natter and Crochet Groups

Knitting Club Woodbridge Library 2-4pm every week Stowmarket Library

Mildenhall Library 2-4pm every week

Board Games and Jigsaw Groups

Woodbridge Library Chess Club 5.30-7pm every week

Colouring and Art Groups

Art for Fun. Last Friday month at Leiston Library. 31st Dec 10.30-12noon





Monday	Tuesday	Wednesday	Thursday	Friday
<p>Craft Groups</p> <p>Make it on Monday. Bring a Craft Group. 10.30-12noon Framlingham Library every week</p>	<p>Colouring and Art Groups</p> <p>Inside the Lines 10.30-11.30am Ipswich County Library every week</p>	<p>Conversation Groups</p> <p>Coffee and Cake. Rushmere. (Suffolk Library Local) 10-30-11.30 every week</p>	<p>Conversation Groups</p> <p>Women Behaving Madly – Peer group for menopause 1st Thurs month 2-3pm Chantry Library</p>	<p>Colouring and Art Groups</p> <p>Adult Colouring Group. Rosehill Library. 50p for refreshments 2-3pm every week</p>
<p>Tuesday</p> <p>Craft Groups</p> <p>Craft Cafe Gainsborough Community Library 10-12noon every week</p> <p>Mildenhall Library £1 1.30-4pm every week</p> <p>Craft and Natter Stradbroke Library 2-4pm every week</p> <p>Christmas Wreath Crafts, Lavenham Tues 7th 2-4pm £5</p> 	<p>Conversation Groups</p> <p>Sporting Memories. Ipswich County Library 2.45-3.45pm every week</p> <p>Book, Reading and Writing Groups</p> <p>The Bookworms Reading Group. Bury St. Edmunds Library 1st Tues month 2-4pm</p> <p>Kessingland Book Group 1st Tues month 4pm Kessingland Library</p> <p>Write Now Writing Group. Woodbridge Library. 2nd Tues month 14th Dec 2-4pm</p> <p>First Edition book group. Glemsford library 2nd Tues month 14th Dec 2.15-3.15pm</p> <p>The Tuesday Night Book Group. Bury St Edmunds Library. 2nd Tuesday month 14th 6-7pm</p> <p>The Adventurers Book Group 3rd Tues month Bury St Edmunds library 21st Dec 3-5pm</p>	<p>Conversation Groups</p> <p>Sharing Stories – Group for adults with additional needs. 11-12.15pm every week</p> <p>Chat and Chill. Ladies conversation group, multi-cultural meet up. Ipswich County Library. 10-11.30am every week</p> <p>Ketton Lunar Society – Science Discussion Group. 1st Wed month 7.30pm Kedington Library</p> <p>Book, Reading and Writing Groups</p> <p>Stowmarket Library. Last Wed of month. 29th Dec 10.30am</p> <p>Shared Reading Group. Sudbury Library 2pm every week</p> <p>Woodbridge Writers. 1st and 3rd Wed month 10-12pm</p> <p>Needham Market Book Group. 1st Wed. month 7pm</p> 	<p>Book, Reading and Writing Groups</p> <p>Gainsborough Library Book Group. 2-3pm every week</p> <p>Stradbroke Library Thurs Book Group. 2.30-4pm Last Thurs. month 30th Dec</p> <p>The Newbies reading group. 1st Thurs month 2-3pm Brandon Library</p> <p>The Originals reading group. 3rd Thursday month at Brandon library 16th Dec 2pm</p> <p>Friday</p> <p>Craft Groups</p> <p>Slow Stitch Club Clare Library. 1st Friday month 10-11.30am</p>	<p>Colouring and Art Groups</p> <p>Stoke Library. 10-11am Adult Colouring. Every other Friday. 10th and 24th Dec</p> <p>Conversation Groups</p> <p>Conversation Café. Ipswich County Library 10-12pm every week</p> <p>Friendship Friday. Great Cornard Library. Every other Friday. 10-11am 3rd, 17th and 29th Dec</p> <p>Book, Reading and Writing Groups</p> <p>Saxmundham Library Book Group. Last Friday month 1.30pm</p> <p>Journaling Club. Capel St. Mary Library. 2nd and 4th Friday month 6.15-7.15pm</p> <p>Friday Readers Group. Saxmundham Library Last Frid month 1.30pm 31st Dec</p> <p>Book Fix – book group. Stowmarket Library. Every 4th Friday. 3-4pm 3rd and 31st Dec</p>



Christmas Crackers

- **Heartsong – Wellbeing Singing Project.** 1st Thursday Bury St Edmunds library
- **It's a Wonderful Life** film screening. Ipswich County Library. 14th December 5-7.30
- **Christmas Fair at Gainsborough Community Library.** Friday 10th December 4-6pm
- **Merry Makers Handicraft Group.** Second Saturday month Leiston Library 10.30-12 11th Dec
- **Festive Songs with Sudbury Choral society.** Sudbury Library Sat 11th Dec. 11am
- **Chantry Winter wonderland Event** Saturday and Sunday 18th/19th December 9-9 Chantry Library.

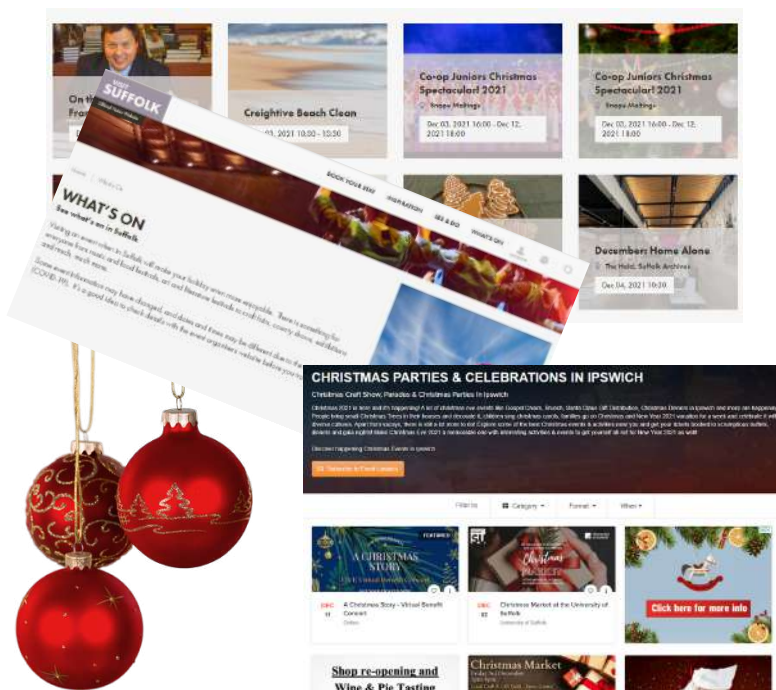


Afternoon Tea Events

- **Great Cornard Library.** Sat 4th December 1pm till 3
- **Rushmere (Suffolk Libraries Local)** 11-1pm Wed 8th Dec.
- **Shotley Library (suffolk Libraries Local)** Mon 13th December 2-4
- **Chantry Library.** Tues 14th December 10-12
- **Gainsborough Library.** Tues 14th 2-4pm
- **Ipswich County library.** Tues 14th 2-4pm
- **Sudbury Library** Tues 14th 2-4



What's on where you are?



There are so many fairs, shows and events on, why not try going online to find something up your street?



allevents.in/ipswich/christmas

allaboutipswich.com/events

whatsonwestsuffolk.co.uk/whats-on/

visitsuffolk.com/whats-on



Salvation Army

The Salvation Army do amazing work all year round but at Christmas they are a beacon of love, joy and hope. Here's a word from them about what they are up to this Christmas.

Sharing news from the Felixstowe Branch

"Most of you will know that The Felixstowe Salvation Army have held a Christmas Day for the lonely and isolated for many years, but last year was a little different as we provided this to our community as Christmas in a Box. This year (2021) we are back in our building (all being well). The day will include transport for our guests, an invite to the Christmas morning Church service, Christmas Dinner, some light entertainment including some good old Carol Singing and a visit from the man himself in the big red suit. We plan to enjoy the message from the Queen together and share the day making memories with friends old and new."

If you have any queries give them a ring or drop them an email
Tel: 07726 278637, Email: Jackie.fincham@salvationarmy.org.uk

How you can help

There are a number of ways that you can get involved this Christmas, including:

- Donate to our Christmas Appeal and help us reach those who need us most this Christmas.
- You can donate toys for children who might not otherwise receive gifts this year.
- Join our 'Be a Star' campaign by taking part in a fundraising activity.

Tel: 01473 270009

Email: ipswich@salvationarmy.org.uk

On the website you can find lots of resources to bring some Christmas joy to you and your community. From Christmas singalongs to 12 ways to bring joy.



The Freedom Church at Bury St Edmunds have a 'Get Me Out of The Four Walls' Coffee and chat at their Freedom Cafe. 10.30am on 2nd December

On Wednesday 8th December at 6.30pm there is a Carol Service in aid of East Anglian Air Ambulance at Bury St. Edmunds Cathedral

Norton Village Hall have a Christmas Wellbeing Event on Saturday 11th December from 11am.

Event by Bear for an Angel and Michelle McGunnagle, Castle Hill Community Centre, Ipswich Public · Anyone on or off Facebook Join us for this fundraising event with Stalls, Raffle, Tombola





Later Life

And there's more...

Community Connect

Later Life Community Connect is a single point of access telephone support line with a "real" person at the end of the phone, between 10am – 2pm, seven days a week and that includes over the holiday period.

They will be offering:

A "real" person answering the phone between 10am – 2pm, seven days a week to speak to any older person or anyone worried about issues around later life.

A referral system using both the Warm Handover (SIP) and other local organisations to support any needs or worries that the caller may have.

Regular and agreed follow-up calls from Later Life Community to the individual to check how they are getting on, have they heard from the other organisations, do they have any other needs?

Often the issue or concern that is the initial prompt for a call, is not necessarily the only (or main) reason for the call and this service will be about working collaboratively with many of the amazing organisations in the county that provide vital support for older people, to ensure that the caller gets the support that is needed.

Later Life Community hopes to become the advocate for older people in Suffolk.

The Later Life Community Connect phone number is...

01284 334516



SUFFOLK
Community
Foundation



Realise Futures

Boost your Digital Skills with these courses

Realise Futures are offering some digital skills courses to help you start out, get going and move ahead on your digital journey. During the courses your tutor will support you in developing the confidence to use your computer.

They are also offering Digital Skills for the Office Level 1, which is aimed at those who wish to develop their knowledge in a range of software applications, including Microsoft Word, Excel and PowerPoint. On completion, participants will receive the Level 1 Certificate in Vocational Studies. Realise are also offering SAGE for beginners, and Level 1 SAGE Intermediate, that will cover creation and set-up companies, suppliers and ledger, stock control, VAT, ordering and invoicing, making payments and basic reporting.

Take a look at the fantastic brochures for Saxmundham, Ipswich and Bury St Edmunds, Stowmarket and Newmarket.

Creative Arts East

Activities for older people

The Day Out focuses on providing music and movement-based activities for older people in order to improve wellbeing, and decrease feelings of isolation and loneliness. Their in-person sessions are returning! Please get in touch with our Project Officer Lea Schiller via lea@creativeartseast.co.uk or 07359 097 553.



Wellbeing Friends

You are invited to become a friend of Wellbeing

As a friend to our service, you'll be an essential part of our mission to support anyone in Suffolk who may need us – you'll direct people in our direction when you suspect they may need support with their mental health, and in return you get to be a part of a group of likeminded people.

There's no pressure to be involved in any other activities after you've completed the session – If you wanted to take your certificate and go, we won't be offended!

All you have to do is join an Introduction to Wellbeing Suffolk session, you don't have to say anything, you can just listen and learn.

We'll explain when and how to direct someone to our services, allowing you to be the Wellbeing Friend that we all wish we had at times.

What you'll gain-

- **A certificate of attendance**
- **Access to the Wellbeing Friends Facebook group**
- **Bi-yearly newsletters to keep you updated**
- **A great thing to add to your CV or Email signature**
- **A way to show people that you care**

If that's not enough to convince you, then we would like to remind you that this one-off session is completely FREE. All you've got to do is send us an email to say you're interested, and we will get you booked onto a session.

It doesn't matter who you are, every Wellbeing Friend makes a difference, and together we can help yourself and others, live their lives well.

If you would like more information or to registered your interest, click on the link below.



ActivLives

ActivLives
Changes Lives ●●●

ActivLives is a local independent charity that has been working in Ipswich and across Suffolk to keep people active, connected and involved with their local community. They support and motivate people at risk and marginalised communities to improve their physical and mental health and wellbeing; keeping people connected with their communities to reduce social isolation and loneliness and providing access to learning, training and volunteering opportunities.

They provide a wide range of opportunities for people to get involved:

- ActivSinging – they have two ActivSinger groups in Ipswich and Woodbridge bringing people together through music and song.
- ActivSport – provides inclusive sport sessions for younger people with Intellectual disability and older people to take up or get back into a sport activity including walking football, badminton, bowls, Boccia, Kurling, health walks etc.
- The Step by Step Programme promotes and delivers Better Balance sessions and social activity that brings people together to meet and make new friends, build support networks in the community and reduce falls and fractures.
- ActivGardens – Offers learning and skills in Horticulture, the Environment/ Conservation at their 3 community garden projects as well as construction and recycling at our ActivSheds project for men and women.



All their services focus on prevention, intervention and promote self-care. They support people to make positive lifestyle changes to improve their own health and mental wellbeing by providing access to various activities and events, with the purpose of reaching and enriching members lives. All their activities are designed to improve physical and mental health, increase independence and help people live active, connected and purposeful lives.

They did chair-based exercise in people's gardens, 1-2-1 walks and singing in people's gardens and parks. They survived!





ActivLives mission is to create stronger, healthier, resilient communities in Suffolk by providing opportunities for members to participate in its health and wellbeing programmes, fitness activities, social events, walks, horticultural projects or singing, if they wish. This will enable their participants to lead full and active lives.

They enhance peoples experience by informing, discussing and connecting members, registered in different ActivLives activity groups, to empower and enable them to rediscover or develop new interests, be part of cross-generational, mixed-ability groups and become integrated into a supported framework of activities.

This will enable people and groups to come together and build an infrastructure that supports all abilities, particularly disadvantaged and vulnerable members. Their support enables their members, whatever their age, to become more resilient and better equipped to achieve self-management and self-care, as well as making their experience with ActivLives more interesting and varied.

They also offer Specialised Hubs for carers on a Thursday called Elderflower and on a Friday, Friday Friends Cafe for family members and those living with dementia. They also have a Lunch Club on Tuesdays and they are also starting a Men's Breakfast Hub in January 2022 at the CRESS Pavilion.

Activities are available 6 days a week, in community based, easy access venues and groups are supported by qualified staff and instructors with additional volunteer support.

As a charity ActivLives is proud of its legacy over the past 15 years since we began in 2006.

They have a history of dedication, commitment and continuous support for all our members and volunteers and this was really tested during the Covid-19 lockdown in March 2020. They have established some major projects, which have supported over 3,000 older people living in Ipswich and East Suffolk, many of which are still running.

During the lockdowns they developed a Strategy to enable their members to stay connected and active, with many of them shielding as they had additional long-term health conditions.

They provided safe activities that people could do at home. They were able to create online videos to keep people moving and singing, which developed into weekly Zoom sessions. They set up online quizzes and later provided a printed quiz booklet.

They kept in touch with members at risk and volunteers who were shielding for a chat and to see if they needed any food/prescriptions collecting. Unfortunately, many of their members do not have access to the internet, so a weekly call was very important to them. What's App groups were also set up to keep groups connected and social Zoom sessions were also held.

They developed a reminiscence, arts, poetry, photography project, which involved our members, particularly those living with Dementia and their Carers and they made Garden video's – Making Bee bombs, flower gardens and lots of lovely garden photographs.

Change your life

Get out there and get active

If people are interested in knowing more about accessing their activities they can call their office on 01473 345350 or email them on info@activlives.org.uk for more information and they will then be contacted by the staff member responsible for the activity.

Their website www.activlives.org.uk also provides a wealth of information about the activities we have available, together with a calendar of our daily sessions and also their geographical locations within each region.

This is just a taste of the activities on offer with ActivLives. Click on their website and find out what active sessions you could get involved with. All of them aimed at getting the elderly active.

Click here for link to calendar

ActivLives
Changes Lives ●●●



**ActivSingers – Woodbridge @ Quay Church
Dec 3 and 17 Dec @ 10:00 am – 12:00 pm**

**ActivSingers – Ipswich @ St Mary at Stoke
Dec 7 @ 1:45 pm – 3:45 pm**

Feel your spirits lift and find a new confidence in singing! Learn some new songs – Learn harmonies to songs you know Improve your breathing, your circulation AND have some fun! Take some time out to relax and make music with others!

For more information call Julie on 01473 345350

**Elderflower Community Hub @ CRESS Pavilion 10:00 am – 12:00 pm Every Thursday 2nd, 9th, 16th December.
CRESS Pavilion, Halifax Road, Ipswich, IP2 8RE. Email julie@activlives.org.uk or call 01473 345350**

**Friday Friends @ Whitehouse Baptist Church Hall 3rd and 10th December
10:30 am – 2:00 pm. To book your place, please call Alison Pearson on 01473 345350**

Lunch Club @ St Mary at Stoke Church Hall • Dec 7, 14th December @ 12:00 pm – 1:00 pm, starts with a falls prevention class: 10.30am – 11.30am • Followed by lunch at midday (extra cost of £5). To book your place please call us on 01473 345350.



Online Community Events

Every month we host online community events to give people the opportunity to connect with others and find out how to live life well in their communities.

We host these via Zoom. All our community events are free to attend. Simply choose the event you like the look of from the programme and find the joining details on the link below.

To access our Community Events, please visit:

[wellbeingnands.co.uk /
suffolk /community-
events /](https://wellbeingnands.co.uk/suffolk/community-events/)



Programme

From January

Five Ways to Wellbeing

Every month we take a look at what the Five Ways to Wellbeing are, how they help your wellbeing and how you can make them part of your life.

Communities in Focus

These sessions alternate their focus from West Suffolk to East Suffolk. They pick up on the Five Ways to Wellbeing again but this time work with you on finding the groups and contacts you need to get out there.

Men's Hour

This is an hour where men of all ages can come together and connect. Nothing complicated just good conversation.

Women's Hour

This is new to the calendar for 2022. But like its partner above, it is a space where women can join together, connect and enjoy good conversation.

Carers Connect

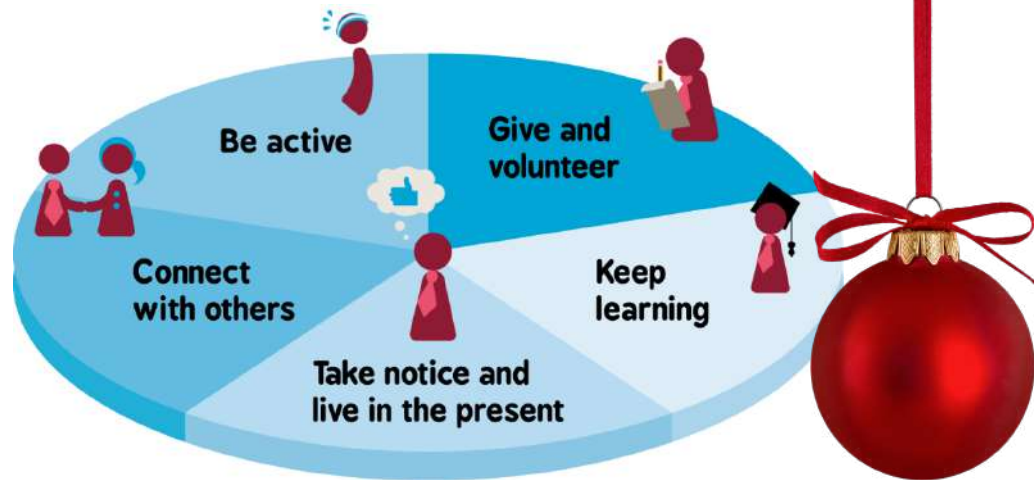
These sessions run for the thousands of carers across Suffolk. In 2022 we will have guests and a timetable of topics.

Festive Fun

- Communities in Focus 2-3pm 7th December
- Carers Christmas Cuppa 11.30am 8th December
- Five Ways to Wellbeing 2-3pm 14th December
- Wellbeing Suffolk's Christmas Karaoke - a not so silent night - 21st December 6-7pm
- Men's Christmas Hour 22nd December 2-3pm

5 Ways to wellbeing

The Five Ways to Wellbeing are a set of evidence-based actions which promote people's wellbeing. While they don't claim to be the biggest determinants of wellbeing, they offer a set of simple things individuals can do in their everyday lives.



Knowledge is power and we want you to know these simple principles so that you can start to make the small changes you need to make a big change to your Wellbeing.

A thousand mile journey begins with one step, so see how you can begin your path to positive Wellbeing by making these five principles part of your everyday.

To find out more about the Five Ways to Wellbeing join us online at one of our Community Events, **Five Ways to Wellbeing and Communities in Focus**



Are you winter ready?

Changes to our bodies as we get older mean that cold weather and winter bugs affect us more than they used to. And this winter, we know we'll need to live with coronavirus as well as other respiratory viruses.

What you can do

As we age, our immune systems become weaker and less able to fight off viruses. We gradually lose the muscle mass that helps us keep warm and moving about. And the cold makes health conditions harder to manage – it can even affect our heart and circulation.

The good news is that there's lots we can do to help keep ourselves well in winter.

Keep moving

Try not to sit still for more than an hour at a time. Even a little bit of activity now and then can help you maintain strength and mobility. This can be easier said than done. You might well have found that you're not feeling as fit as you did before the coronavirus pandemic started – if so, you're not alone. Lots of us are finding things we used to do less easy. The important thing is to do what you're comfortable with and build up slowly. If you're not sure where to start, or you have a long-term condition that makes moving more difficult, Age UK have an activities page which has advice and tips, as well as some simple home-based exercises you can add to your daily routine. Some people experience frailty as they age, which can make it more difficult to move around, and winter illnesses can have much more of an impact. But there are ways to build resilience.

Eat well

Spending more time indoors and doing fewer of the things we enjoy means it can be difficult to keep up the motivation to prepare meals. But it's good to try and keep to a routine. If you've recently lost weight without meaning to, or if you have a smaller appetite than usual, find out why this might be and what might help. The main thing to remember is that it's better to eat a bit of what you fancy – even if it's just a slice of cake – than to eat nothing. It's a good idea to keep your cupboards stocked with some basics just in case you can't get out to the shops – whether due to illness or bad weather.

Get your winter vaccinations – even if you're fighting fit

This winter, respiratory viruses are expected to be more widespread, as we were less exposed to them during the coronavirus lockdowns. So it's especially important to get your vaccinations this year. Those aged 50 and over are eligible for a COVID-19 booster jab. It's not too late to have your first jabs, either, if you haven't yet. You're entitled to a free flu jab from the doctor or pharmacist if:

- You're aged 50 or over
- You care for someone, such as a friend or family member
- You have a serious long-term health condition
- You live in the same house as someone who is immunocompromised.

When you get your flu jab, check if you're also eligible for the pneumo vaccine, which helps protect you from pneumonia, and the Shingles vaccine.



Trips and Falls



Falling can have very serious consequences for the elderly. Even if you don't have any physical injuries, falls can affect your confidence about going out and even moving around in your own home.

Tips to avoid falls

- **Stay as active as you can.** Exercise helps to strengthen muscles and keep you mobile
- **Eat a balanced diet and hydration.** Keep yourself hydrated, drink about 1.2 litres of fluids every day.
- **Ensure home is well lit,** especially stairs.
- **Keep your home clutter free,** ensure carpets and rugs are well fitted.
- **Get your eyes checked regularly.**
- **Make sure your shoes and slippers fit properly.** Wear shoes with good grips on the soles if you need to go out.
- **Winter Travel**
- **Put grit (salt and sand) on paths and driveways to lessen risk of slipping. Do not go out unless you have to if you have a long term condition.**
- **Listen to the weather forecast before going out.**
- **Check vehicle is ready for winter.**
- **Wait until roads have been gritted before travelling by car.**
- **Prepare a pack of winter essentials to keep in your car for longer journeys:** Blanket and extra clothes, drinks (hot and cold) and food. Ice scraper and de-icer. Torch and spare batteries

Make sure your home is warm enough

Try to heat your home to a steady and comfortable temperature throughout the day. Close the curtains at dusk to help keep heat in. It's a good idea to keep your bedroom window closed at night when the weather is at its coldest. If you're having trouble with the costs of heating your home, we have information to help.

Stop the spread of germs

As well as getting vaccinated, there are some other simple measures we can take to reduce the spread of illness – which is especially important this year. Regularly washing your hands with soap and water is one of the best ways to stop germs spreading. It's a good idea to keep some antibacterial gel with you when you're out and about, too. You can also:

- catch coughs and sneezes in a tissue
- wear a face covering in busy indoor spaces, like shops
- leave windows ajar to let fresh air circulate when meeting people indoors
- avoid close contact with people who are unwell.

Wrap up well and stay stocked up

Wearing plenty of layers is the best way to keep warm in winter. If you're heading out, make sure you take some extra layers, even if you don't need them immediately – the temperature can drop significantly when the sun goes in. Our top tips can help you keep your hands and feet warm. It's a good idea to stock up on cold and sore throat remedies, too. Your pharmacist can give you advice on what might help if you're feeling under the weather. The cold puts more pressure on our hearts and circulation. The cold can increase the risk of a stroke or heart attack, as well as hypothermia.

If you suspect yourself, or someone else, is experiencing any of these, call 999 (or 112 from a mobile) immediately.

For a stroke, think FAST:

- F – is the face drooping on one side?
- A – can the person raise both arms and keep them there?
- S – is speech slurred?
- T – time to call 999 if you spot any one of these signs.

Many people experience severe chest pain during a heart attack – but the symptoms can be different for different people.

Hypothermia is a medical emergency, just like a stroke or a heart attack.





Winter Blues

Winter can be tough on your wellbeing. Here are a few tips you can follow to keep you and those around you living life well.

Do something you enjoy every day

Having a daily routine can be really helpful, especially in uncertain times. It gives our minds some certainty and can help us build up good habits. You don't have to map out whole days – just having regular times to get up and go to bed, eat, and a small task to do each day can make all the difference.

It's important to include things you enjoy in your day and make them part of your routine. While things have changed a lot this year, and you may not be able to get out and do the things you used to love, there are still things you can do.

Is there an old hobby you used to enjoy that you could pick up again? Are there any books you have been meaning to read or films which have caught your eye? You can find ideas for ways to keep busy at home online or visiting your local library.

We know many people are finding it difficult to enjoy things they used to do. If you feel less motivated to do things, you aren't alone. You may find pleasure and motivation starts creeping back with a little time. But if you have been feeling low for some time then it is a good idea to speak to your GP about how you're feeling. Or give us a call at Wellbeing Suffolk.

Reach out when things are tough

With everything going on and the changes to day-to-day life many of us may feel anxious and worried. Everything can feel a little overwhelming. It's natural to feel this way.

If you've been feeling down for a while and it's stopping you from doing the things that matter, making you feel listless or like you don't have any energy, you don't have to suffer in silence.

Talk to friends or family, and if things have been this way for a while or are starting to worry yourself or those around you, speak to your GP. Healthcare services are still here for you, and it's important to get support when you need it.

Top 6 things you can do to help others...

Encourage people to get the healthcare they need. We know lots of people are worried about going to their GP or seeking help for health concerns. Healthcare services are open and ready to help, so check in with the people in your life and make sure they get the healthcare they need. And if you are worried about doing an online consultation, everyone should be able to get a face to face appointment with their GP if they need one.

Encourage everyone to look after their health. As we get older, we need to take a bit more care of our health - even if we're as fit as a fiddle. One of the easiest ways to protect ourselves is to get the free flu jab. If you're aged 65 and over, or a carer, you can get it for free too. Find out more.

Make time for relatives, friends and neighbours. Darker nights and miserable weather can make it harder for people to get out and about. And if you're stuck at home, you can end up feeling lonely and a bit down. Calling for a chat, popping in for a cuppa or even sending a card in the post can really help let someone know you're thinking about them.

Ask if people have everything they need. We know lots of people have struggled to get out for the essentials they need in recent months. When it's cold and the weather takes a turn it may get even harder. Popping out to run a few errands or doing an online shop could be a big help to someone.

Check their home is warm enough. We will all likely be spending more time at home this winter meaning higher heating and lighting bills. Around 1 million people aged over 60 live in fuel poverty, meaning they can't afford to heat their homes properly. It is best to heat your home to a comfortable temperature all day. If someone is saying their home is very cold or they are worried about heating their home, their local Age UK may be able to help.

Help make sure everyone can get out and about safely. When it's icy or wet outside, it's easier to slip and fall. Helping to keep paths and driveways clear and salting steps and slopes could make a big difference. Green mould is particularly slippery, but power-washing can get rid of it.

Winter Ready?

Support to Stay Warm

Winter conditions can be seriously bad for our health, especially for people aged 65 or over, and people with long-term conditions. NHS Ipswich and East Suffolk CCG is supporting the Stay Well This Winter campaign; we want to help protect you and those you care for. Cold weather doesn't have to go hand in hand with illness. Here are some simple things you can do to help yourself stay well this winter.

- 1. Wrap up warm** = Dress in layers and wear a hat, gloves and scarf. Clothes made from wool, cotton or fleecy fabrics are warmest. When you're indoors, wear warm socks and slippers to keep your feet cosy.
- 2. Keep the cold out** = Close doors and use a keyhole cover to block draughts. Buy thermal linings for curtains to keep the heat in.
- 3. Don't use alcohol to keep warm** = Avoid drinking alcohol before going, or when, outside. It makes you feel warm because blood vessels in the skin expand, but this draws heat away from your vital organs. Read about the effects of alcohol on your heart
- 4. Check your heating** = Have your heating system serviced regularly to make sure it works well.
- 5. Maintain the temperature** = Keep your main living room at 18–21°C (64–70°F) and the rest of your house at 16°C (61°F) at least. If you can't heat all the rooms you use, heat the living room during the day and the bedroom just before you go to sleep. In bed, use either a hot water bottle or an electric blanket.
- 6. Have warming food and drinks** = Have regular hot drinks and food such as porridge, soups and stews. Visit our recipe finder to get more ideas for warming, healthy dishes.
- 7. Stay active** = Keep as active as possible to boost your circulation. Move around at least once an hour and avoid sitting still for long periods. Even light exercise will help keep you warm. When you do sit down, put your feet up as it's coldest nearest the ground.
- 8. Check what support you can get** = Don't miss out on benefits. Depending on your circumstances you may get the Winter Fuel or Cold Weather Payments automatically. If you don't, visit gov.uk/winter-fuel-payment or call **03459 15 15 15** to see if you're eligible. You may also be entitled to claim an **Affordable Warmth Grant**, which could help with heating and insulation improvements. For more information, call the **Energy Saving Advice Service** on **0300 123 1234** or visit gov.uk/energy-companyobligation

Eat well – food gives you energy, which helps to keep you warm. So, try to have regular hot meals and drinks throughout the day. For more advice on 'eating smart', visit: healthysuffolk.org.uk/healthy-you/eat-smart/text

Suffolk's Warm Homes, Healthy People project is designed to help vulnerable people and families make their homes cheaper to heat.

The project can provide fuel payments paid directly to your heating supplier, loan of electric heaters and financial assistance towards costs for repairs and replacements if your boiler or heater stop working and arrange for an independent surveyor to visit your home and discuss energy efficiency improvements that could make a real difference to your heating bills. The project can also access grants to help pay for insulation and basic draught proofing. To find out more about the project and to see if you are eligible, take a look at the **Warm Homes, Healthy People** page on the Healthy Suffolk website or contact the team on

03456 037 686

Suffolk Family Carers What's on in December



East of England Carers Event 10-4.30 9th December

Improving support to carers is a key priority across the East, not only because they want to ensure the region is responding to what matters to carers, the people who are being cared for and their families, but also because it is recognised that carers provide vital care in our communities and should always be well supported and valued by the sector.

Come and join this East of England Local Government Association event which is an opportunity for all of us to come together to share experiences and to discuss ways in which we can improve.

Purpose of the day:

- To celebrate the contribution of carers across the East
- To learn from things that have gone well and not so well
- To improve our wellbeing

Keynote speakers include:

- Dame Philippa Russell, Carers UK
- Matt Potts, Camerados Movement
- People with lived experience of caring, Kate Sibthorp, National Co-production Advisory Group and Katie Clarke, Bringing Us Together

Audience: This event is for carers (informal and formal), carers organisations and commissioning organisations within the East of England Region.

Please note: If the event is oversubscribed, places will be limited per local authority area and will be on a first come, first serve basis.

To book your place please visit East of England Carers Event – EELGA or if you have any queries please contact Jayne Cole, Events Manager, East of England LGA, email; jayne.cole@eelga.gov.uk

Connected Communities
The PearTree Fund
Bungay Road,
Halesworth IP19 8SG
December 1st
10am-12.30pm

Bury St Edmunds Family Carer Group
2nd Dec 1-3pm call
07796 622550 for
more details

Felixstowe and Villages Family Carer Group.
13th December 1-3pm
the old Felixstowe
Community Centre,
Ferry Road, IP11 9NB

Carers Coffee Break
Dec 22nd 10.30-11.30am
on MS Teams
Book to join on Suffolk
Family Carers website





The Vital Importance of Vitamin D

Vitamin D is sometimes called the sunshine vitamin because it is produced in your skin in response to sunlight.

Your body produces vitamin D naturally when it's exposed to sunlight but you can also get it through certain foods and supplements reducing your risk of multiple sclerosis decreasing your chance of developing heart disease and helping to reduce your likelihood of developing the flu.

Vitamin D is particularly important for those of us with darker skin. This is because the melanin that helps to protect darker skin from the sun also acts as a block for vitamin D.

This is one reason why humans evolved lighter skin as they migrated to colder northern climates. So what does it actually do and why is it so important to be getting your full dose of the sunshine vitamin?

Vitamin D has several important functions. Perhaps the most vital are the regulating and absorption of calcium and phosphorus, and helping your immune system to function efficiently.

Essentially it is important for normal growth and development of bones and teeth as well as improving resistance against certain diseases. Which is really important this year particularly.

Tiredness, aches and pains and a general sense of not feeling well, severe bone or muscle pain, or weakness that may cause difficulty climbing stairs or getting up from the floor or low chair, or cause you to walk with a waddling gate are all symptoms of low vitamin D levels.

"COVID-19 'ICU' risk – 20-fold greater in the Vitamin D Deficient. BAME, African Americans, the Older, Institutionalised and Obese, are at greatest risk." British Medical Journal

The symptoms of a vitamin D deficiency in adults include:

- Getting illnesses or infections more often
- Feeling tired or fatigued
- Hair loss
- Muscle pain
- Bone and/or lower back pain
- Depression or low mood
- Wounds that heal slowly following surgery, infection or injury
- Vitamin D deficiency can also lead to bone density loss, which makes bones more fragile and increases the risk of fractures after a fall.

Who's at risk of low vitamin D?

- People who are not often outdoors, for example, if you're housebound or live in a care home.
- People who cover a lot of their skin when outdoors or always wear a high factor sunscreen.
- People with darker skin, for example those who are Black or Asian.
- People with a vegan diet, as a lot of food that naturally has vitamin D is fish, red meat and eggs.

Public Health England are recommending that all adults from BAME communities should consider taking vitamin D supplements this coming winter.

Vitamin D is also found in a small number of foods.

Sources include:

- **Oily fish – such as salmon, sardines, herring and mackerel**
- **Red meat**
- **Liver**
- **Egg yolks**
- **Fortified foods – such as some fat spreads and breakfast cereals**
- **Another source of vitamin D is dietary supplements**

Vitamin D reduces depression

Research has shown that vitamin D might play an important role in regulating mood and warding off depression. In one study, scientists found that people with depression who received vitamin D supplements noticed an improvement in their symptoms.

Vitamin D boosts weight loss.

Consider adding vitamin D supplements to your diet if you're trying to lose weight or prevent heart disease.

Doctors can diagnose a vitamin D deficiency by performing a simple blood test. If you have a deficiency, your doctor may order x-rays to check your bones and put you on a daily vitamin D supplement.

Some people will not make enough vitamin D from sunlight because they have very little or no sunshine exposure.

The Department of Health and Social Care recommends that adults and children over 4 take a daily supplement containing 10 micrograms of vitamin D throughout the year if they:

- are not often outdoors – for example, if they're frail or housebound
- are in an institution like a care home
- usually wear clothes that cover up most of their skin when outdoors
- If you have dark skin – for example you have an African, African-Caribbean or south Asian background – you may also not make enough vitamin D from sunlight.

You should consider taking a daily supplement containing 10 micrograms of vitamin D throughout the year.

Do not take more than 100 micrograms (4,000 IU) of vitamin D a day as it could be harmful. This applies to adults, including pregnant and breastfeeding women and the elderly, and children aged 11 to 17 years.

You cannot overdose on vitamin D through exposure to sunlight. But always remember to cover up or protect your skin if you're out in the sun for long periods to reduce the risk of skin damage and skin cancer.

What about vitamin D and Covid-19?

Dr. McClymont advises, 'Throughout the pandemic there's been a lot of debate about whether vitamin D may be beneficial in those with Covid-19. Research has shown that those most at risk from Covid-19 – older adults, care home residents and Black, Asian and minority ethnic populations – are also those statistically more likely to have a vitamin D deficiency. But there's been no proven link between the two so far and a recent large scale review of vitamin D in the context of Covid-19 concluded that there was insufficient evidence to suggest using vitamin D to prevent or treat Covid-19.'

But it's the UK government's advice that everyone in the UK supplements with a low dose of vitamin D during the autumn and winter months, when there's poor exposure to sunlight. There's also new guidance allowing those who are categorised as 'extremely clinically vulnerable' to opt in to receive 4 months of free vitamin D supplements for the winter months.'



**SUFFOLK
LIBRARIES**



Jump Start January

Wellbeing Suffolk is teaming up with Suffolk Libraries this January to get the year off with a spring in our step. We'll be coming to a library near you to share our Wellbeing Friends sessions or just popping in for a cuppa and cake. If you would like to know more then find out more on the Suffolk Libraries Website, where you will find all the links to the Community Team and Clinical Teams sessions.

Open Space

Ipswich Open Space Group is a drop-in, informal meet up in the Library, in partnership with Julian Support. No need to book in advance and open to all who are interested in their mental health and wellbeing.

Sessions start with teas, coffees and biscuits, which are followed by an activity, for example a 1960s to 80s quiz or walks around the park.

Go online to check out their programme to find out more

suffolklibraries.co.uk/advice/health-and-wellbeing/open-space-drop-in-groups

Help from our friends

The Home But Not Alone helpline is for people living in Suffolk who are clinically extremely vulnerable, to assist with any questions they may have and to help them find the support they need. The Home But Not Alone helpline is open from 9am to 5pm Monday to Friday, Call 0800 876 6926
Suffolk County Council's web link for Home But Not Alone;
suffolk.gov.uk/coronavirus-covid-19/home-but-not-alone/

Home, But Not Alone

Supporting vulnerable people in Suffolk

The Home, But Not Alone free phone line is for people who need urgent help and support during the Coronavirus pandemic. It is only for people who do not have support available from friends, family or neighbours and are struggling for food, medicines or other essential supplies.

Coronavirus Emergency Phoneline

0800 876 6926

9am-5pm Monday to Friday

For all other enquiries please visit: www.suffolk.gov.uk/homebutnotalone



Click on the logos to go direct to organisations websites



0800 470 80 90
0800 444202
01473 835477
01473 487004
0800 678 1602
01925 730 273
01379 855338
03456 037 686
01473 345400
01449 707030

01473 345350
0800 716543
03000 111 999
01473 718193
01473 408111
01284 334516
07492 691 190
01473 270009
0800 319 6789
01473 400081 / 429740
0808 808 1677





wellbeing

Helping you live your life

NHS

iapt

Improving Access to
Psychological Therapies

Call 0300 123 1503

wellbeingnands.co.uk

Lines open 8am till 8pm

[wellbeingnands.co.uk /suffolk /get-
support /register-with-our-services /](https://wellbeingnands.co.uk/suffolk/get-support/register-with-our-services/)

NHS
Norfolk and Suffolk
NHS Foundation Trust



First Response

Call: 0808 196 3494
(Freephone)

A 24/7 service for people of
all ages in Norfolk and Suffolk
requiring mental health care,
advice and support.

SAMARITANS

116 123