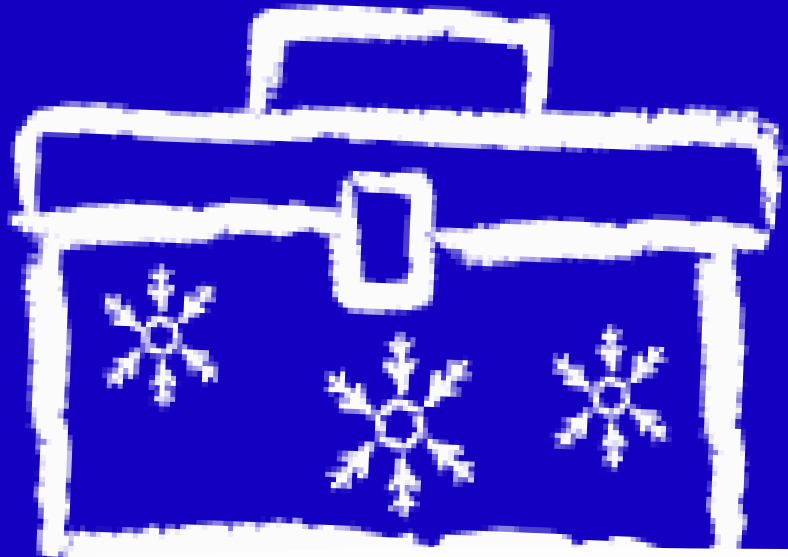




Hammersmith,
Fulham, Ealing
and Hounslow



Winter Wellbeing Toolkit



Staying Warm and Well this Winter



Many of us are affected by the changing seasons, and as the weather gets colder and the days become shorter, this may negatively impact our mental health. Be as prepared as you can for this winter, we've put together some advice for keeping well and warm this winter to help.

❄️ Try to get ahead and prepare for the winter and have your heating and cooking appliances regularly serviced.

❄️ If you take regular medication, don't forget to preorder, and collect any prescriptions you may need. Be ready for bad weather or public holidays, as many GP surgeries and pharmacies close over the holidays.

❄️ Eat a balanced diet and stay hydrated. A healthy diet will boost your mood and give you more energy. Balance your cravings for carbohydrates, such as pasta and potatoes, with plenty of fresh fruit and vegetables. Boost your intake of vitamin C this winter, good sources of Vitamin C are citrus fruit, such as oranges and orange juice, peppers, strawberries, blackcurrants, broccoli, and brussels sprouts.



Consider taking a vitamin D supplement - our bodies create vitamin D from sunlight, and we need it for healthy bones, teeth and muscles. During the winter months the sun isn't strong enough for our bodies to make vitamin D, and it's difficult to get the amount we need from our diet. You might want to speak to your doctor about taking a vitamin D supplement for a little boost over winter.

Speak to your GP surgery or visit a pharmacy to discuss having your flu jab.

Keep all doors and windows closed to reduce cold draughts, you may want to invest in insulation stickers for windows to stop and small gaps for draughts.

Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom. This is particularly important if you have a health condition.

Keep active during the winter months, if you're indoors try not to sit still for more than an hour. You could set a timer to remind yourself to keep moving each hour. Beat winter tiredness by getting out and about in natural daylight, getting a good night's sleep and de-stressing with meditation or exercise. Everyone has different fitness levels, do what feels right and safe for you.

Keeping your body warm: Layering light clothing with multiple layers will trap warm air better than one thick layer. Wearing clothes made from wool, cotton or fleece will make you much warmer.

Have at least one hot meal a day with regular hot drinks. Hot drinks will help keep you warm, herbal teas are great alternatives to coffee.

Think about hand hygiene, good hand hygiene is a simple and easy way to help prevent spreading and catching colds and flu. It's also a good idea to keep regularly used surfaces, such as the phone, door handles and counter tops clean.

It's important to stay protected against a drop in temperature as cold weather can affect your body's ability to fight off viruses and infections. By keeping warm, you can help yourself stay well and warm this winter.

Self-help Techniques



We have put together some self-help techniques for you this winter:

Reach out to Someone

Try talking to someone you trust about what is making you down. This can be a friend, a family member or a mental health professional such as a talking therapist. If you aren't able to open up to someone close to you, the Samaritans run a helpline that you can call to talk to someone (further details of support organisations are at the end of this Toolkit).

It is important to be kind to yourself and also take notice of when good things are happening to you.

Safety Box

Create a 'safety box' so that when you are feeling overwhelmingly distressed/depressed, you can go to this box and find something that will help you cope/feel better. You can include a range of items that will help soothe all senses. Here are some examples of what you could include:

- **Vision:** photos, books, magazines, safe place imagery, a walk in a garden
- **Hearing:** soothing music, phone numbers to call, meditation
- **Smell/taste:** oils, favorite perfume, snack
- **Touch:** teddy bear, comforter, massage oil.



Journaling

Try keeping a journal/diary of when you are feeling down and when you are not. This can help you identify your triggers and patterns. If you can identify these patterns perhaps you can do something about those situations and do something differently?

Grounding, Mindfulness and Breathing exercises

Try Abdominal Breathing also known as Belly or Balloon Breathing

Place one hand on your Chest. The other hand under your rib cage. Breathe in slowly through your nose for 4 seconds. Then breathe out slowly through your mouth for 4 seconds. (You should feel your stomach inflate and deflate with your lower hand)



Quick Tensing and Relaxing

Tense your feet and lower legs and thighs and buttocks, pelvic muscles, abdomen, and lower back muscles. Hold them tightly for a few moments and notice the tension.

Then release the tension completely and let all those muscles soften and become supple and relaxed. Tense your hands, forearms, upper arms and shoulders, belly, midriff, middle and upper back, and facial muscles, and take a breath in so your rib cage is full extended. Notice how that feels, then release the breath and soften all those muscles, letting them become supple and relaxed. As you continue to breathe, focus on releasing, softening, letting go. Let the tension continue to flow out with every out-breath.



Creating a Symbol of Relaxation

When you are practicing relaxation, choose an image that conveys peace and comfort, this image can be anything you choose. You may think of the sea, or a favourite spot in nature. It may be an image like the sun, a rope untwisting, ice melting, or a soothing colour. It maybe the face of a pet or of someone you love. Every time you do relaxation, call up that image as you are becoming relaxed. Allow the symbol to grow and fill your awareness. Let all of the qualities of that symbol come to mind and imagine them moving through your body on the rhythm of your breath. As you practice this more, you will be able to close your eyes anywhere and relax quickly by calling up your symbol and filling your awareness with it for a few minutes.



5-4-3-2-1 TECHNIQUE

Grounding Exercise to calm anxiety

This technique asks you to find five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

	5 THINGS YOU CAN SEE	
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	4 THINGS YOU CAN HEAR	
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	3 THINGS YOU CAN TOUCH	
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	2 THINGS YOU CAN SMELL	
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	1 THING YOU CAN TASTE	
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Money and Mental Health



Worrying about money can be very stressful. It may feel like the only thing you can think about and that your mind is not able to focus on anything else. You might find that your confidence and self-esteem can decrease if you have mental health and money worries. To help manage this, it can be helpful to recognise your unique qualities. This can remind you that your financial difficulties are only one part of your identity. Here are some tips for managing the effects of money pressures:

Make a list of all the essential things you need to spend money on every month. This could be things like rent or mortgage payments, energy bills, phone bills and food shops. The Mental Health and Money Advice website has a free budget planner which might help.



Put all your important documents in one place so you can find them easily. This could be letters, bank statements, payslips, bills, and receipts.

Check your bank balance at a regular, set time so you know what you're spending your money on and how much you have left. Try to avoid checking your bank balance constantly throughout the day.

Make a plan for ways to distract yourself, if you notice changes in your mood that might affect your spending.

Build money tasks into your daily or weekly routine. You could allocate a set amount of regular time to think about any tasks you need to do around money, for example paying bills. You could plan a relaxing activity for after you've finished to reward yourself.

If possible, use cash instead of cards. Take out only the amount of money you can afford to spend, for example for a weekly shop. Use bank accounts which allow you to put money aside in separate pots. This can stop you spending the money you need for rent or bills.

Set up direct debits for your bills and other regular payments so they don't pile up.

Create a budget - The Money Helper website has budgeting advice for people who are claiming Universal Credit.

If you're struggling to pay off your debts, you could ask for a break from paying interest on your debts. This is possible under a Government scheme called breathing space. The National Debtline website has more information about the breathing space scheme.

Manage your debts if you can afford to. You could set up a standing order to pay off your debts each month. Or you could use an online debt tool. One way to try this is through the tools on the StepChange website. If you're struggling to pay off your debts, get debt advice. You might find it helpful to contact one of the debt organisations below.



StepChange
Debt Charity

www.stepchange.org or
call 0800 138 1111



Money
Helper

www.moneyhelper.org.uk or
call 0800 138 7777



crosslight
advice



NATIONAL
DEBTLINE

www.nationaldebtline.org or
call 0808 808 4000.



TURN2US
FIGHTING UK POVERTY

www.turn2us.org.uk



Money Wellness

Live more. Stress less.



PayPlan
live again

Extra winter Support and Services that can help



**Winter can be an expensive time of year ,
make sure you are getting all of the support
you are entitled to.**

Winter Fuel Payment

If you were born before 25 September 1957 you could get between £250 and £600 to help you pay your heating bills. This is known as a 'Winter Fuel Payment'. The amount you get includes a 'Pensioner Cost of Living Payment'. This is between £150 and £300. You'll get this extra amount in winter 2023 to 2024. This is in addition to any other Cost of Living Payments you get with your benefit or tax credits.

Most people get the Winter Fuel Payment automatically, if you do not get a letter you can make a claim:

By post to the Winter Fuel Payment Centre:
Winter Fuel Payment Centre, Mail Handling Site A,
Wolverhampton, WV98 1LR or
by Phone: 0800 731 0160.

Most payments are made in November or December.



Extra Support

Warm Home Discount

This is a £150 discount on your bills if you get Pension Credit or live in a low-income household. The money is not paid to you, it's a one-off discount applied to your electricity bill between early October 2023 and 31 March 2024.

Cold Weather Payment

If you get certain benefits and the temperature drops to zero degrees Celsius or below, you'll get a payment of £25 for each 7-day period of very cold weather between 1st November 2023 and 31st March 2024.

Priority Register

Sign up to the Priority Services Register for peace of mind knowing extra support is there for you should you have a power cut. Help available could include regular updates about when your power will be back on, access to a 24-hour helpline and other welfare support. You could also get energy saving tips and help understanding your energy bills.

To find out more visit ukpowernetworks.co.uk/Priority Or scan the QR code to register for free.



Local Support



Ealing Local Welfare Assistance

Local welfare assistance is a discretionary support scheme. The fund is there to help people to try to maintain an independent life or for those facing an immediate financial crisis. The Department of Work and Pensions has provided Ealing Council with additional funding under its Household Support Fund to support households who would otherwise struggle to buy food or pay for essential utility bills or meet other essential living costs. This additional funding has been extended until 31 March 2024 and the council has temporarily expanded its eligibility criteria for Local Welfare Assistance payments to support residents in need of additional financial assistance. You can make an application online: <https://www.ealing.gov.uk> or scan the QR code.



H&F Crisis Cash Support

H&F Council offer a crisis prevention cash payment scheme for people who have a new financial emergency this could be for food, gas and electricity. The claim can be made online, which includes full details of eligibility criteria: <https://www.lbhf.gov.uk/cost-living-support/apply-crisis-prevention-payment>. If support is needed with the application, this can be provided by council staff, including help at 145 King Street, call the LBHF Cost of Living team on freephone 0800 917 6994. The line is open 8am to 6pm, Monday to Friday.



Hounslow Discretionary Local Crisis Payments (DLCP)

Hounslow Council administer the scheme for customers who would have normally sought help from the Department of Work and Pensions Social Fund scheme. This scheme is in place to ease exceptional pressures and stress on households. You can apply online: https://www.hounslow.gov.uk/info/20058/benefits/1493/discretionary_local_crisis_payments



Check you are receiving all the support you are entitled to

Turn2Us has a [free online benefits calculator](https://www.turn2us.org.uk/) where you can find out which benefits you can claim:

Find out if your eligible for [pension credit](https://www.gov.uk/pension-credit-calculator):

[Council tax support:](#)

If you are on a low income and need help to pay your council tax bill, then you may qualify for council tax support. Search council tax support on your local borough's website.

[Discretionary housing payment](#)

After receiving housing benefit, if you are still in financial difficulty due to a shortfall between your benefit entitlement and the rent you are charged, you can apply for a discretionary housing payment.

[Child Benefit:](#)

You can claim Child Benefit if you're responsible for bringing up a child who is under 16 or under 20 if they are in education or training. Find out more about Child Benefit on GOV.UK.

[Healthy Start vouchers:](#)

If you're more than 10 weeks pregnant or have a child under 4, you may be able to get help to buy healthy food and milk. Find out more about Healthy Start vouchers on <https://www.healthystart.nhs.uk/how-to-apply/>

[Help with maternity costs:](#)

You could claim a one-off payment of £500 to help with the costs of having a child. Find out more about the Sure Start Maternity Grant on GOV.UK.

Foodbanks

There are numerous foodbanks across H&F, Ealing and Hounslow to support those in need. To get help from the food bank you will need to be referred for a voucher. Each food bank works with different frontline professionals, like doctors, health visitors, social workers, Citizens Advice and more. These professionals will be able to refer you to a food bank and give you a food bank voucher if they think you need emergency food. Once you have been given a voucher, you can exchange this for a minimum of three days' emergency food at your nearest food bank centre for you and your family.

Find local food banks and food resources available to you today:
<https://cityharvest.org.uk/food-near-me/>





Winter Tips from HFEH Mind Staff



 mind
Hammersmith,
Fulham, Ealing
and Hounslow

Make hot chocolate, with cream and sprinkles on it!

Layer your clothes, even inside. Get a good warm pair of slippers and wear socks with them.

Having a SAD light if you struggle with it getting darker earlier on.

Put a morning routine in place - routines give us a sense of safety and security, even when everything around us is changing and unpredictable.

Keep moving, walks in daylight hours can be really energising!

If you're trying to keep your energy bill down, using a slow cooker, microwave, or air fryer could help you to reduce costs.

Use a hot water bottle tucked into your clothes to stay warm! There are hot water bottles that come with wraps so you can tie it around yourself to stay warm at work or at home.

Try and block any areas in your home that are particularly draughty, including around window frames, keyholes and under doors.

Making the most of natural sunlight, having more time outside



Winter Tips from our Local Community

Be a winter buddy check on your older neighbours and see how you can help them!

Light candles in the evening instead of having your lights on

Stay hydrated

Ask for help if you need it

Focus on what you can do, instead of what you can't

Check you are getting all the help you are entitled to.

Remember to take care of yourself and others, the winter is a great time to spend with family and friends but can be very lonely for those without. Reach out to someone who might be alone and see if you can help them

When it's dark outside, turn off screens or artificial lights and light a candle instead. Then enjoy a period of writing or drawing by candlelight.

Urgent Help

If you need urgent medical help:

Call 999

Go straight to A&E (if you can)

For Adults living in Hammersmith, Fulham, Ealing or Hounslow

call the Mental Health Single Point of Access on:

0800 328 4444

Your GP can also be contacted by phone if you need immediate help. Outside of surgery hours you can call NHS Direct for more guidance on 111.

The service is open 24 hours a day, 7 days a week.

Safe Space

A local hub for anyone who feels they are nearing crisis point, including carers. We offer face to face, telephone and video-call support.

Drop into the Safe Space between 3pm-7pm, 7 days a week, or book an appointment.

Ealing Safe Space:

0207 471 0583 or email:

safespaceealing@hfehmind.org.uk

The Lido Centre, 63 Mattock Lane, W13 9LA

Hounslow Safe Space:

0207 471 0584 or email:

safespacehounslow@hfehmind.org.uk

The Loft, 2nd floor, Treaty Centre, 44 High Street, Hounslow, TW3 1ES. Please call 0207 471 0584 when you arrive, and a member of staff will meet you.

Hammersmith and Fulham Safe Space:

0207 471 0582 or email: safespacehf@hfehmind.org.uk

309 Lillie Road, Fulham, SW6 7LL

Safe Space

Hounslow Helpline

Our helpline is accessible from 11am-11pm, 365 days a year.
Call: 020 3475 5185.

shout
85258

here for you 24/7

SAMARITANS

Call free day or night on

116 123

HFEH Mind Adult Services



Safe Space

A local hub for anyone who feels they are nearing crisis point, including carers.

Safe Space Hounslow
Helpline 020 3475 5185

Ealing Advocacy

Independent advocates can help you express views and wishes and to help make sure your voice is heard for your care and treatment.

Compass

Support to navigate social issues (housing, benefits & debt) and monthly wellbeing workshops.

Ealing Advice Service

Provides free advice and assistance across a range of areas including welfare benefits, landlord & tenant, homelessness, debt, employment, family & immigration.

Dual Diagnosis Carers Support Group

Support for carers of those with dual diagnoses of mental health and drug or alcohol use

Mind My Home

Solution Focused Brief Therapy to residents of A2 Dominion and Peabody housing across HFEH and Spelthorne.

Perinatal Service

Support aimed at the adult non-birthing parent to navigate their new role as a parent.

My Practice My Health

Support residents to engage with annual, physical health checks who otherwise might not get them.

Nova Roots: Forensic Womens Hub

Out of hours community space for women aged 18+ leaving forensic mental health services



Monthly Budget



Date	Description	Budget	Actual	Difference

Summary			
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MONTH

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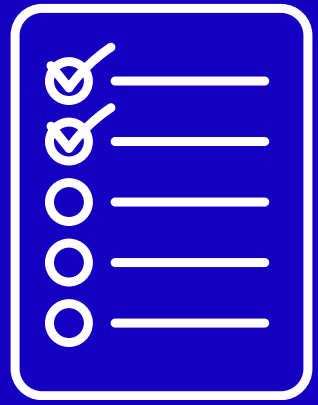
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NOTES

REMINDER

Goals Worksheet



ACTION STEPS



TODAY'S GOAL

NOTES

List of Contacts

Friends & Family

Supplier Contacts

Support Services

Emergency Contacts



Hammersmith, Fulham, Ealing & Hounslow Mind

309 Lillie Road, London, SW6 7LL

 0208 571 7454

 dutyadultservices@hfehmind.org.uk

 www.hfehmind.org.uk



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