

# Keeping well this winter



Barnsley  
Community  
Health and  
Care Alliance

Here are some useful tips, support and advice for looking after your wellbeing in the winter months.



## Living in a cold home

A cold home can cause health concerns.

Temperature	Health impacts
18°C	Minimal risks to health for sedentary person wearing suitable clothing
Under 18°C	May increase blood pressure and risk of cardiovascular disease
Under 16°C	May diminish resistance to respiratory diseases
4 - 8°C	Increased risk of death observed at population level
5°C	High risk of hypothermia

### Direct health effects

- Heart attack
- Stroke
- Respiratory disease
- Influenza
- Falls and injuries
- Hypothermia

### Indirect health effects

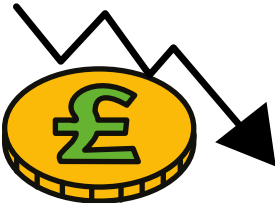
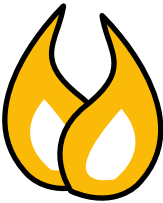

- Mental health effects from depression
- Reduced educational and employment attainment
- Risk of carbon monoxide poisoning

## Spotting the signs of living in a cold home

- It feels cold in the house – maybe you need to wear extra layers
- Damp patches on walls
- Condensation – wetness on the windows or windowsills
- Draughts – through windows, doors and floors
- No (or not using) central heating
- Wearing lots of clothes indoors
- Struggling to keep warm
- Poor eating habits
- Safety issues – overloaded sockets, exposed wires, clothes and furnishings too close to fires/heaters



## What are some of the causes?

<p>Low income, which is often linked to general poverty</p> 	<p>High fuel prices, including the use of relatively expensive fuel sources</p> 	<p>Poor energy efficiency of the home</p> 
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## Keeping warm tips

- Heat your home to at least 18 degrees
- Draught proof doors
- Put curtains at doors, and close curtains when dark
- Don't have sofas in front of radiators
- Put reflective panels behind radiators

## Stay well this winter

[www.barnsley.gov.uk/ready-for-winter/stay-well-this-winter/](http://www.barnsley.gov.uk/ready-for-winter/stay-well-this-winter/)

- Get your flu vaccination  
[www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/](http://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/)
- Get your Covid vaccination  
[www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/](http://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/)  
or call 119

## BOPPAA

Barnsley Older People Physical Activity Alliance is aiming to increase the offer of physical activity programmes to improve the strength and balance of older people across Barnsley. Find out what's on at:

<https://boppaa.ageukbarnsley.org.uk/>

## Make your home warmer and cheaper to run

If you're worried about paying your energy bills, or you're struggling to keep your home warm, visit:

<https://www.barnsley.gov.uk/services/housing/energy-at-home/make-your-home-warmer-and-cheaper-to-run/>

## More money in your pocket

<https://www.barnsley.gov.uk/services/advice-benefits-and-council-tax/help-with-the-rising-cost-of-living/>

Help with the rising cost of living and advice to make changes, so you have more money coming in and less money going out. This website gives information to Barnsley residents on:

- Housing support
- Support with utility bills
- Food support
- Budgeting support
- Wellbeing support
- Household support and other grants



## Eating well

Support available across the borough to access food:

<https://barnsley.foodbank.org.uk>

[www.livewellbarnsley.co.uk/directory/barnsley-foodbanks/](http://www.livewellbarnsley.co.uk/directory/barnsley-foodbanks/)

## The Association of UK Dietetics

Healthy eating is important and doesn't need to be expensive. This website will give you some ideas to help you to eat well and keep costs down.

[www.bda.uk.com/resource/food-facts-eat-well-spend-less.html](http://www.bda.uk.com/resource/food-facts-eat-well-spend-less.html)

## Good Food Barnsley

An interactive map for supported food access across the borough.

<https://goodfoodbarnsley.org/food-map/>

## Too Good To Go

A service that connects customers to restaurants and stores that have surplus unsold food at very reduced rates. Download the app:

<https://toogoodtogo.co.uk/en-gb/>

## Health and wellbeing

### IAPT

The improving access to psychological therapies (IAPT) service can help you get quick and easy access to the best type of support to help you understand and learn to manage your symptoms and experience of conditions including anxiety, stress, low mood and depression.

[www.barnsleyiapt.co.uk](http://www.barnsleyiapt.co.uk)

01226 644900 – Monday – Friday, 9am – 5pm

### Samaritans of Barnsley

Offer a listening service as well as confidential support and advice about emotional wellbeing and mental health.

[www.samaritans.org](http://www.samaritans.org)

Call: 116 123

### Age UK Advice

[www.ageuk.org.uk](http://www.ageuk.org.uk)

0800 169 65 65 – Lines are open seven days a week, 8am – 7pm

## Adult social care

Advice and services that help look after yourself, your home and to live independently.

[www.barnsley.gov.uk/services/adult-social-care/](http://www.barnsley.gov.uk/services/adult-social-care/)

### For all enquiries around adult social care please contact the customer access team:

Telephone: 01226 773300

Email: [adultsocialservices@barnsley.gov.uk](mailto:adultsocialservices@barnsley.gov.uk)

Write to: Adult social care, customer access team, PO Box 634, Barnsley, S70 9GG

Office hours: Monday – Friday, 9am – 5pm Out of hours for emergencies only: Duty team, 01226 787789

If you're experiencing difficulties managing activities of daily living you can self-refer to the adult social care team using the contacts above.

## Citizens Advice Barnsley

Provides free confidential and impartial advice to Barnsley residents

<https://barnsleycab.org.uk/>

[www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/](http://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/)

Freephone 0800 144 88 48 – Monday – Friday, 10am – 4pm

## Government financial support

[www.gov.uk/the-warm-home-discount-scheme](http://www.gov.uk/the-warm-home-discount-scheme)

[www.gov.uk/winter-fuel-payment](http://www.gov.uk/winter-fuel-payment)

[www.gov.uk/cold-weather-payment/eligibility](http://www.gov.uk/cold-weather-payment/eligibility)

## If you need extra financial support, you can contact:

### Money Advice Service

[www.moneyadviceservice.org.uk/en.html](http://www.moneyadviceservice.org.uk/en.html)

0800 1387777

### National Debtline

[www.nationaldebtline.org/](http://www.nationaldebtline.org/)

0808 8084000

### Step Change

[www.stepchange.org/](http://www.stepchange.org/)

0800 1381111

## Food banks

### Food bank locations across the borough:

- Roundhouse Lifelong Learning Centre, Laithes Crescent Athersley S71 3AE - Tues 1pm -2pm
- Goldthorpe Salvation Army Community Centre Straight Lane Goldthorpe Rotherham S63 9DW - Mon 10.15am - 11am, Fri 10am - 1pm
- Wesley Methodist Church Barnsley Road Darfield S73 9PB - Tues 9.30am - 11.30am
- Penistone St Andrew's Church, 45 High Street Penistone S36 6BS - Tues 2pm - 4pm
- Barnsley Hope House Café, Hope House Church, 2 Blucher St Barnsley S70 1AP - Wed 10am - 12pm
- St George's Church, York Street, S70 1B - Thurs 12pm - 2pm
- Royston Salvation Army, Midland Rd Royston Barnsley S71 4QJ - Fri 10.30am - 12.30pm
- Great Houghton Welfare Hall, Rotherham Rd, Great Houghton, S72 0EG - Thurs 10.30am - 12pm
- Milefield Community Farm, Milefield Lane, Grimethorpe, S72 7BH - Wed 10.30am -12pm
- St Mary's Church, Church St Wombwell Barnsley S73 0DQ - Mon 9.45 - 11.30am
- Elim Church, Warren Quarry Lane, Worsborough, S70 4LX - Mon 11am - 1pm, Fri 11am - 1pm
- Birdwell Methodist Church, Sheffield Rd, Birdwell, Barnsley S70 5X - Thurs 2pm - 4pm
- Staincross Methodist Church, Blacker Road, S75 6BP - Thurs 11am - 12.30pm

If you require a copy of this information in any other format or language please contact your line manager or your healthcare worker.



**South West  
Yorkshire Partnership**  
NHS Foundation Trust