



Stay Warm in Winter 2017

Information pack:

Contents:

- ✚ General advice: the principle of keeping warm
- ✚ Tips on sources of help in the winter months
- ✚ Recipes

Introduction:

The following pack is designed to support individuals and groups in:

- ✚ Learning about help available in the cold months
- ✚ Thinking differently about the best clothing to wear in winter to stay warm and mobile
- ✚ Linking with others to share tips, go shopping and make food.

Wrapping up warm – bulky clothing required?

The pack gives information about clothing that is warm *but not bulky*. Clothing should not restrict the kind of movement that is so important in staying fit. This helps with general physical and mental wellbeing.

The pack contains a handy leaflet on local stockists and websites that sell fleeces and other warm clothing.

How to use this information pack

We recommend that you meet as a group to share the pack's information on clothing, heating and food. The **leaflets** are for distribution within your group; the underlined words in this pack are web links with tips to be shared in cold winter months.

We also recommend that you encourage group members to talk about keeping warm: it may help them to express their needs, and so help them to communicate their health needs to their GP during cold weather spells.

We suggest that you identify a **volunteer** in your group to

- ✓ encourage others to act on information on staying warm

- ✓ have time and internet experience to co-ordinate online orders of clothing on behalf of others
- ✓ be able to assist others to make online purchases or find other information online.

MyView – West Lancashire CCG (Clinical Commissioning Group)

We recommend that the volunteer 'action contact' encourages others in your group to join MyView online. The benefits include:

- + Receiving useful information about local health services
- + Learning how and why decisions about your local health services were made
- + Having the opportunity to take part in focus groups and public consultations.

Cold weather can cause serious health problems as well as making people feel miserable. The local CCG, and the NHS generally, are concerned about the serious negative effects being cold can have on people's physical health and mental wellbeing. Especially older people who are unable to keep warm during the winter are at increased risk of illness, hypothermia and depression, and also of increasing the effects of any long-term conditions such as arthritis or heart problems.

Lancashire Country Council states: 'Evidence suggests that cold homes are linked to increased risk of cardio-vascular, respiratory and rheumatoid diseases, as well as hypothermia and poorer mental health' (Healthy Homes at <http://www.lancashire.gov.uk/>).

This pack is designed to help people to keep warm, happy and healthy.

Information on keeping warm:

- + Age UK booklet *Winter wrapped up*. Printed copies are available, click on **Winter wrapped up** or visit <http://www.ageuk.org.uk/>
- + Online Advice guide, Citizens' Advice Bureau [Advice Guide](#)
- + Wellbeing Directory - Lancashire County Council [here](#)
- + [West Lancashire Borough Council](#) (WLBC) and Lancashire County Council (LCC) help with draught proofing, loft insulation, free gas fire and boiler servicing.

What to wear?

No need to bundle up in heavy fabrics which may weigh you down without keeping you warm. Why not try fleece?

Advantages of fleece:

- ✓ Easy to wash and dry, does not need ironing
- ✓ Warmth without weight
- ✓ Wide range of styles and colours – something for everyone
- ✓ Easy to get on and off

- ✓ Gilets or body-warmers protect your chest and vital organs from the chill
- ✓ Fleece lined trousers enhance circulation and protect your hips and legs from fractures and bruising – very important if you have osteoporosis or arthritis
- ✓ Fleeces are often made from recycled materials so you are doing your bit for the environment ('plastic bottle' fleece)
- ✓ Fleeces are not expensive

Fleeces are not just for young people or for outdoor pursuits enthusiasts. They are great for all ages and all levels of mobility. They layer well with vests, t-shirts etc.

Some places/websites where you can buy your lovely warm fleeces and other cosy clothing.

Seek out your local shops and markets and share your tips with friends!
(Please note that these are only examples – there are many other stores)

Go Outdoors:

Caroline Street

Wigan WN3 4EL

www.gooutdoors.co.uk

Sports Direct:

29 Grand Arcade

Wigan WN1 1BH

www.sportsdirect.com

Golden Days Garden Centre, Appley Bridge:

Outlet for Edinburgh Woollen Mill and Mountain Warehouse

ALDI Skelmersdale

Concourse Shopping Centre

Skelmersdale · 0800 042 0800

Try, for example, **www.fleeces.org.uk**

Cold Comforts: Winter Preparation

Be prepared: Winter weather is unpredictable. A few minutes' thought now could save you hours later on! Some important advice from 'Able' magazine:

- **Prescriptions:** Don't let your stock of prescription medicines run down -there may be a time when you can't get to the pharmacy.

- Cold can sometimes make medical conditions worse and you may need more medicine than you think.

- **Have a plan:** Think about what you would do if you were trapped at home for a couple of days because of snow or floods. Who would help you out? Have you a friend or relative who could offer you alternative accommodation? Who will you contact if you are ill?
- **Insurance:** Check your insurance policies - make sure they are up to date and don't need any amendments. Keep your documents safe and secure but easy to get to.
- **Cash:** Keeping a small amount of cash in the house is sensible; make sure it is in a safe and secure place. If you can't get out you won't be able to get to a bank or ATM. Cash is 100% reliable as a payment method if other systems go down temporarily.
- **Stock the cupboards:** Buy a few more tins! Soups and other hearty food stuffs are good to have around and won't go off if you have a power cut which puts your fridge or freezer out of action. Chocolate bars and biscuits are high in calories which you might need to give you energy, and require no preparation.
- **Light:** If you have a power cut, you'll need a source of light. Check your torch and batteries, stock up on candles and matches - use a safety lantern.
- **Keep informed:** Tune into your local radio station to keep informed about significant weather changes, traffic and travel news - very important if you plan to leave your home or are expecting visitors.
- **Stopcock:** Pipes can burst in wintertime causing flooding. Locate your stopcock (which controls the flow of water in your house). Learn how to turn it off and on. Contact details for utility companies and reliable electricians and plumbers need to be to hand.
- **Neighbours:** Get to know your neighbours. Help them if they are in dire straits, they are the closest people to you and will probably be the first to respond in a genuine emergency.

Recipes:

The Skelmersdale Community Food Initiative (SCFI) provides nourishing winter recipes and offers cookery courses. See the next four recipes (pages 5-8)

Encourage people to: try the recipes; share with a friend; keep up with their cookery skills; go to lunch clubs. Contact SCFI for help (14-16 Westgate, Skelmersdale, Lancashire WN8 8AZ), tel. no. 01695 720555.

Recipes all supplied by ScFi:

(1) Sweet Potato Cottage Pie

Serves: 4

Time to cook including preparation: 50 minutes

Basic Ingredients:

100g frozen peas	1 small onion
450g potatoes	225g lean minced beef
450g sweet potatoes	1 carrot
Beef stock cube	¼ pint of water
1 teaspoon mixed herbs	1 teaspoon of paprika
A pinch of black pepper	2 tablespoons milk
1 dessertspoon flour	400g tin of chopped tomatoes
A squeeze of tomato puree	

Method:

- Peel the potatoes and sweet potatoes and cut into even pieces.
- Place in a pan of boiling water and simmer until softening.
- Peel and grate the carrot.
- Peel and finely chop the onions.
- Put the mince and onions into a pan and stir over a medium heat until the meat changes colour.
- Pour in the tin of tomatoes and the tomato puree.
- Stir in the flour.
- Add the peas and grated carrot.
- Crumble the stock cube and add to the water.
- Sprinkle the paprika and mixed herbs and simmer for 15-20 minutes.
- Add the milk to the potatoes and mash
- Put the meat into an oven dish and cover with the mashed potatoes spreading them with a fork.
- Place in the oven at 180 degrees Celsius for about 30 minutes or until it is golden brown and cooked through.

(2) Leek and Potato Soup

Serves: 4

Time to cook including preparation: 40 minutes

Basic Ingredients:

1 splash of olive oil
Clove garlic
1 small onion
2 small leeks
2 large potatoes
1 litre boiling water
1 tsp mixed herbs
1 stock cube

Method:

- Peel and chop the onion and potatoes
- Wash and chop the leeks
- Heat oil and fry the onions garlic, leeks and potatoes for approximately 5 minutes
- Add the water, stock cube, and mixed herbs
- Bring to a boil
- Cover and simmer for approximately 20 minutes
- Leave chunky or blend with a hand blender

Tips/Information:

- ✓ **Serve with crusty wholemeal bread**
- ✓ **Leave skin on the potatoes for extra fibre**

(3) Cowboy Hotpot

Serves: 2

Time to cook including preparation: 1 hour

Basic Ingredients:

1 tablespoons of olive oil	1 onion
1 large sweet potato	1 red pepper
1 large carrot	4oz/120g green beans
1 tin of baked beans	1 small tin of sweetcorn
1 tablespoon of tomato purée	1 teaspoon barbecue seasoning
4oz/120g cheese	1 potato

Method:

- Turn on the oven to Gas Mark 5 or 190 degrees Celsius.
- Finely chop (dice) the onion, red pepper, sweet potato and carrot.
- Chop the green beans.
- Grate the cheese.
- Heat the oil in a large pan and gently fry the onions until they are soft.
- Add the chopped red pepper, sweet potato and carrot until they are soft.
- Add the green beans, baked beans and sweetcorn (include the liquid), tomato purée and barbecue seasoning. Bring to the boil and simmer for 5 minutes.
- Slice the potato very thinly.
- Put all of the vegetables into an oven dish.
- Sprinkle some of the cheese over the top.
- Put the dish in the oven for 45 minutes until the potato is golden brown and cooked.

(4) Winter Warmer Vegetable Soup

Serves: 4

Time to cook including preparation: 45mins

Basic Ingredients:

1 onion, chopped	1000 ml/2 pints water, boiling
2 carrots, diced	1 butternut squash (optional)
1 sweet potato cubed	100g lentils (rinsed)
1 vegetable stock cube	¼ pint of milk
2 cloves of garlic (crushed or finely chopped)	

Variations:

For this recipe you can use any vegetables, in any combination that you like.

Method:

- Peel and chop the onion
- Top and tail the carrot, then peel and dice
- Peel and cube the potato
- peel and chop the butternut squash
- Put the chopped onion and garlic in to the pan with the olive oil.
- Fry for a few minutes.
- Add the rest of the vegetables, and the lentils
- add the stock cube and water
- bring to the boil, simmer for approx. 30 mins
- Allow to cool slightly then blend and add the milk
- Serve with wholemeal bread.

Tips/Information: If you like your soup chunky, chop the veg into equal size chunks, when the soup is cooked take $\frac{1}{2}$ out then blend the remaining $\frac{1}{2}$, mix back together and you have a chunky soup.