

Winter Friends...

Winter and beyond



Most of us are really keen to help others,
but it's not always easy to know how.
Here are some easy things you can do.





Here to help

**Worried someone could be struggling?
A Winter Friend is not just for Winter...
We can be here for you in Spring and
Summer too.**

One simple way to reach out is to leave a little note with your contact details and pop it through their letter box. Even the small gesture of letting someone know you are here to help can make a big difference.

Reach out

If you feel apprehensive about broaching a potentially sensitive subject (such as bills or health) with someone nearby, there are ways you can do this without feeling awkward or uncomfortable.

Here are a couple of tips:

- > Try a 'did you know' style question e.g. "Have you heard that Home Plus Leeds can come and do repairs and make safety changes to your home free of charge?"
- > Try asking if they know of any community groups in their local area - "I've heard that lots of organisations put on some really lovely groups now that can keep people connected, have you heard of any or seen them about?"





A helping hand

Have you noticed someone who could benefit from a little helping hand running errands?

You could offer to help or ask if they'd like anything from the shops next time you go.

If you know they have a GP appointment coming up or a prescription that needs collecting, you could offer your help with these things too.



Whatever the weather

Most of us welcome hot weather, but for some people - especially older people and those with underlying health conditions - the summer heat can bring real health risks.

Look out for those who may struggle to keep themselves cool and hydrated during the warmer months.

NHS England offers great advice and tips on how to cope in hot weather and what signs to look out for if someone is suffering from heat related illness - [nhs.uk/heatwave](https://www.nhs.uk/heatwave)

Everybody needs good neighbours...

Above all, we know that people want to show others that they care, that you're in their thoughts, or you're there if they need help.

Perhaps start a neighbourhood 'chat group' where you can encourage people who may be reluctant to ask for help to join in and keep connected. It's a great way to share helpful tips, the latest community news or interesting ideas people may enjoy, seasonal safety advice, and any other relevant things going on in your own area!

This also acts as a great way to enjoy a good chat with others without the pressure of it being one-to one, plus it makes for a great conversation starter when you may see them out and about!



Exercise at home

Keeping physically active is important to help maintain healthy bones, muscles and joints, as well as greatly benefiting mood and feelings of well-being.

Active Leeds have a great '**Healthy at Home**' section on their website dedicated to your own health, body and mind, including a variety of exercises designed for all ages and abilities. Plus they have amazing live-stream classes available too if you need some motivation!

active.leeds.gov.uk/healthy-at-home

You can also visit our website to download our fact sheet with simple, easy to follow exercises for all. A great resource to pass on to your friends, family or neighbours!

winterfriends.org



Stay Covid-safe



With the priority being keeping yourself and others around you safe from Covid-19, please ensure you follow government guidelines whilst being a Winter Friend:

- > If you or someone in your household start to show symptoms, please stay at home.
- > Always comply with social distancing guidelines and wear a mask where possible.
- > Remember to wash your hands if you're planning on approaching someone's door, and before and after you drop off or collect any items.



- > Keep up to date with government guidelines at www.gov.uk/coronavirus