

Be Prepared Stay Winter Wise!



Your **essential** guide to staying safe and warm this winter 2022/2023

Staying safe, warm and well this winter

We hope our Winter Wise booklet will support you through the colder months. The cold and damp weather, ice, snow and high winds can all aggravate existing health problems and cause new health problems, making us more vulnerable.

Read our top tips on how to make your personal winter plan so you can stay safe and protect others.

Our guide covers how to stay well, travel safely, protect your home. We've also included the support available which may help with cost of living increases.

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Cost of living support – help is at hand

Living costs including energy, food and rent are rising steeply and more and more people are struggling to cover their essential household costs as a result. Everyone has heard of the cost of living crisis, but you don't have to be in crisis to be struggling.

Take a look at the information we've put together on the Cost of living support webpage. There may be something that helps you or someone you know to get through it. Keep checking back as we'll be adding new content regularly:



www.calderdale.gov.uk/mwic



Energy bills



Pension credits



Family support



Employment and training support

Could you be eligible for a benefit?

Anyone who is struggling financially can get a benefit check and speak to an advisor for free and confidential advice. A benefit check can ensure that you are receiving all the money you're entitled to, especially if your circumstances have changed recently. Speaking to an advisor could also help you with managing gas and electricity bills and make sure you're not missing out on things like free school meals.

We have produced a local step by step guide to help you get the right support.

www.worryingaboutmoney.co.uk/calderdale



Support with the cost of food

If you are struggling to feed yourself or your family, there are organisations that can help. They are used by hundreds of people every week from all walks of life. There are food banks and other food projects located across Calderdale. To find your nearest, visit www.calderdale.gov.uk/mwic and click Food and Food support or call Calderdale Council on **01422 288005**.



Support with money and paying bills

You can contact Citizens Advice Calderdale for free help and support on various issues. They can advise on current or potential benefits you are eligible for and help with issues such as debts, budgeting and gambling.



Money Helper is a website that provides guidance to make it quicker and easier to find the right help. You can get in touch online or over the phone. It offers help with budgeting, bills, pensions and debt struggles. www.moneyhelper.org.uk

TIP: Most energy companies now have a fund to help anyone going through hardship. Give yours a call and see how they can help.

TIP: British Gas provides grants for customers and non-customers to help with energy bills so even if you get your gas and electric elsewhere, you can still apply for help!

Telephone: **0121 348 7797** Web: britishgasenergytrust.org.uk

Affordable borrowing options

In times like these it is very easy to get into debt. Payday loans and online gambling can have lasting financial consequences, and illegal loan sharks target everyone. If you would like to explore borrowing options, you can do it safely with 'Fair for You'. They can help you borrow for household items. Fair Finance provides loans to people who are struggling to access mainstream finance and have low credit scores. Credit unions are another finance provider offering a range of products and services. Stop Loan Sharks investigates and prosecutes illegal money lenders and provides support for borrowers in the UK.



Understanding energy bills this winter

What does the energy price cap or guarantee mean for household fuel bills?

The cap is the maximum amount energy suppliers can charge customers both for the standing charge (a fixed daily amount you must pay for energy, regardless of how much you use) and the amount of each kWh of electricity and gas (also known as the unit rate). Typical energy bills will be capped at around £2,500 per year based on a 3-bedroom semi-detached home.

However, bills will vary depending on how much energy a household needs and uses. Some households will pay less and some will pay more than the estimated average £2,500. Your bill is likely to have increased by roughly 30% from 1st October. This excludes increased usage of gas and electric and the £400 energy rebate, which your energy provider will pay to you directly in instalments of £67 per month.

Who does the price cap apply to?

It applies to customers on a standard variable tariff (SVT). It doesn't apply if:

- You are on a fixed-term energy tariff or your tariff is exempt from the price cap (e.g. some green energy tariffs)
- You pay indirectly (e.g. energy is included in your rent or as a surcharge to your landlord)

If you're unsure what tariff you're on, check your energy bill or contact your energy supplier. If your supplier has recently gone bust and you were moved to a new supplier, it's likely that you're on a standard variable tariff.

TIP: Residents without a smart meter should take regular monthly meter readings (ideally 3-4 days before the bill is due) and send them to their energy suppliers so their bills are calculated on actual usage, not estimates.

TIP: Where possible, residents should pay for their bills by direct debit. This is usually around £100 cheaper per year and allows bill payers to spread the cost over 12 months.

TIP: Watch out for scam texts or emails asking you to apply for the £400 rebate online. The rebate is automatic; residents shouldn't need to take any action.

You don't have to heat the whole house to keep warm

You can read on page 9 of this booklet how to keep your house heated and how the entire family can save energy, but what if you live on your own? Here are some top tips to stay warm:

- Eat regularly and try to have at least one hot meal a day
- Keep your feet warm with rugs and slippers
- The floor can be the coldest place in the house, so put your feet up!
- Layer clothing to keep in the heat
- Use a blanket or duvet to keep warm whilst watching TV
- Safely use a hot water bottle
- Walk or exercise to keep warm



Active Calderdale have some great tips at active.calderdale.gov.uk

Government support

The Energy Bills Support Scheme discount

The government will provide a £400 discount to all households to help with their energy bills over winter 2022 to 2023. This is a grant which does not have to be paid back.

Cost of Living Payment

Households on means tested benefits, including Universal Credit, Pension Credit and Tax Credits, will receive a payment of £650 this year, paid automatically in two instalments.

Disability Cost of Living Payment

From 20th September, people who are paid certain disability benefits will receive an automatic one-off £150 payment. The payment will help disabled people with the rising cost of living acknowledging the higher disability-related costs they often face, such as care and mobility needs.

Pensioner Cost of Living Payment

In the winter months pensioners can get between £100 and £300 to help pay heating bills. This winter, **they** will also receive an extra one-off £300 Pensioner Cost of Living Payment, which will be paid as an automatic top-up to the Winter Fuel Payment.

Household support fund

All funds that remain have been split into four categories.

1. Families with children

We will contact families in the week that starts on Monday 9th January 2023. You will be asked to register for a one-off payment of £50 per child. To get this, you must be in receipt of:

- Housing Benefit;
- and/or Council Tax Reduction;
- and/or Free School Meals.

2. Households with a disabled marker on our Welfare and Benefits system

We will contact households in the week that starts on Monday 16th January 2023. You will be asked to register for a one-off payment of £50. To get this, you must be in receipt of:

- Housing Benefit;
- and/or Council Tax Reduction.



This will be in addition to the payment stated above for families with children.

3. Community support for food and other essentials

Some funds will go to local organisations to provide extra support. This is over and above what the Government now provides through national schemes.

We will post more details on our web page www.calderdale.gov.uk/mwic after the money has been allocated. This will include what is available and who will provide it.

4. Discretionary Hardship Scheme

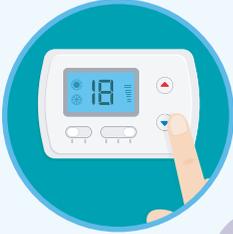
We can now also offer support to households that may not have had financial support directly from the Department for Work and Pensions (DWP).

You cannot apply if you are on welfare benefits; and have had 'Cost of Living' payments from the DWP.

For more information you can visit helpforhouseholds.campaign.gov.uk/housing-support



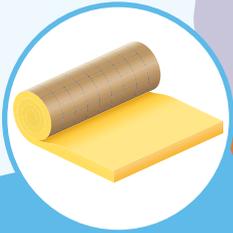
Energy saving tips



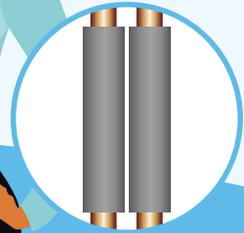
Set heating timer and thermostat



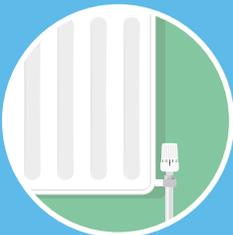
Draught proofing



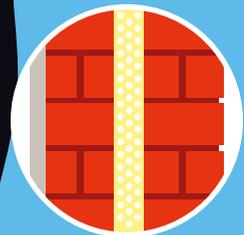
Roof insulation



Pipe insulation



Adjust radiator thermostats



Cavity wall insulation

By fitting insulation to your home, you will stop heat escaping, making it feel warmer for longer and also cheaper to heat. Calderdale Council have various schemes running throughout the year that could support you with the cost of insulation and heating measures.

These schemes change on a regular basis and for some schemes you may qualify for the work to be completed fully funded.

Each scheme will have different qualifying criteria and for the majority of schemes you don't need to be claiming a benefit to qualify. Plus, even if you have not been eligible before, this may change with different schemes, so get in touch to find out what's available.

If you are interested in any of our schemes, and meet the qualifying criteria, please email HEAT@calderdale.gov.uk, or call 01422 392199 and a member of our team will get in touch.

Quick tips

- If you can, try and heat your home to at least 18°C to keep warm and healthy.
- Move furniture away from radiators – obstructing radiators stops the heat flow around the room.
- Turn appliances off at the wall, including microwaves, ovens, TV, gaming components, mobile phone charger, anything that still uses electric when switched “off”. Standby energy can use 10% of your electricity, so for every £10 spent, £1 is wasted!
- Draw the curtains before it's completely dark, tuck them behind the radiator if it is under the window. Keep the warmth in, keep the cold out.
- Fit draught proofing around your doors and windows, you'd be surprised how much heat can be lost.
- Don't overfill the kettle. Use only the water you need by only boiling the amount you need. You will avoid wasting energy and money saved can be used for heating instead.

Air quality

Open fires and wood burning stoves are becoming more and more popular for their aesthetic look and energy saving practicality, but we need to ensure we're burning the correct fuel to maximise efficiency and reduce the pollution. Let's work together to improve the quality of the air we breathe in Calderdale.

Buy 'Ready to Burn' fuel

If you want to burn immediately look for the logo as a guarantee of good quality dry wood. You can check approved fuels here -

www.smokecontrol.defra.gov.uk/fuels.php



Season freshly chopped wood before burning

Wet or unseasoned wood, often sold in nets, is cheaper to buy, but it needs to be dried before burning. Wet wood contains moisture which creates smoke and harmful particulates when burned.

If you use house coal, use approved solid fuels instead

These produce less smoke compared to house-coal when burned. They can also be more efficient so cost you less money to heat your home.

DO NOT burn treated waste wood

Treated waste wood and household rubbish can emit harmful fumes and is toxic. (eg old furniture, pallets or fence panels). This can be really dangerous to your health.

Consider burning less

If your appliance is secondary heating, consider burning less. If your house is already warm enough and you don't need to burn, not burning is the simplest way.

TIP: Remember to regularly maintain and service your stove, get your chimney swept at least once a year and buy a carbon monoxide detector.



For more good practice tips, visit www.burnright.co.uk

Boost your immunity this winter

There are two essential vaccines that you may need this winter: flu and the COVID-19 booster. Vaccines are the best way to protect yourself, friends, and family from these dangerous viruses.

GP practices, community pharmacies and midwives are offering the free NHS flu vaccine to people who:

- Are 50 and over (including those who will be 50 by 31 March 2023)
- Have certain health conditions (see website below for what's included)
- Are pregnant
- Live in long-stay residential care
- Receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
- Live with someone who is more likely to get infections

If you're eligible for the free flu vaccine, it's likely you can get the coronavirus (COVID-19) seasonal booster. Getting both vaccines is important because:

- More people are likely to get flu this winter
- You're more likely to be seriously ill if you get flu and COVID-19 at the same time.

It's safe to have both vaccines at the same time, but you may need to book them separately. If you're eligible for either vaccine, you do not need to wait to be contacted to get vaccinated. Speak to a pharmacist, your midwife or GP team for information on getting these essential vaccinations this winter.

Find out more at www.nhs.uk/wintervaccinations

Choose the **right** NHS service for you



**Coughs, sore throat,
bruises, grazes and
minor accidents and
illnesses**

Self-care

Keep a well-stocked medicine cabinet and care for yourself at home.

Check your symptoms using Health A-Z at www.nhs.uk



**Tummy trouble, aches
and pains, sore throat,
coughs, colds,
earache, and other
minor illnesses**

Pharmacy

Pharmacists are experts in medicines who can help you with minor health concerns. No appointment needed.



**Feeling unwell?
Anxious?
Need help and not sure
what to do?**

NHS 111

24/7 help and advice for urgent medical problems. Go to 111.nhs.uk (for people aged 5 and over only) or call 111.



**Persistent symptoms
or pain, stress,
depression, long term
conditions, new
prescriptions**

General practice

Your team of skilled health professionals will get you the help you need, when and how you need it. Contact your practice online, or by phone.



**Breathing difficulties,
chest pain, stroke,
serious blood loss, fits
that don't stop, loss of
consciousness**

A&E or 999

For genuine life-threatening medical or mental health emergencies. This is when someone is seriously injured, or their life is at risk.



General practice: **open** for your healthcare needs

There's choice in how and when you can access services. This could be in person, by phone or online.



By working together, your team of skilled health professionals will get you the help you need, when and how you need it.



Same day and pre-bookable appointments are available Monday - Friday 8am - 8pm and Saturday 9am - 5pm at a surgery near you.



People working in different roles alongside GPs can help with your needs. They can assess, diagnose, treat, prescribe, and refer.

If you think you need your GP practice team call or go online.



Using pharmacy services

Your local pharmacist is your healthcare professional in your community who can help you with minor health concerns and give advice about medicines.

Your pharmacy team can:

- Provide advice on treating minor ailments and healthy living
- Sell over the counter medicines and self-care essentials like painkillers such as paracetamol, plasters, and antihistamines for allergies
- Dispense NHS and private prescriptions
- Advise on obtaining emergency supplies of some medicines
- Dispose of unwanted, out-of-date medicines or used inhalers

They may also provide other services such as flu jabs, blood pressures checks and new medicines service.

Speak to a member of your pharmacy team for advice and treatments for things like tummy troubles, aches and pains, sore throats, coughs, colds, earache, and other minor ailments.

For more information and to find a pharmacy near you go to [togetherwe-can.com](https://www.togetherwe-can.com)



Is your first aid kit ready for winter?



Now is the perfect time to check your first aid kit is well stocked for winter to help you and your family self-care for minor illnesses and injuries. There are a number of things you can have in your first aid kit for any such eventualities:

Alcohol based hand sanitiser	<input type="checkbox"/>	Antiseptic cream	<input type="checkbox"/>
Thermometer	<input type="checkbox"/>	Antihistamine tablets	<input type="checkbox"/>
Painkillers such as paracetamol or ibuprofen (or infant paracetamol for children)	<input type="checkbox"/>	Plasters	<input type="checkbox"/>
Cough medicine	<input type="checkbox"/>	Tweezers	<input type="checkbox"/>
Cold/flu relief drinks or capsules	<input type="checkbox"/>	Sterile gauze dressing	<input type="checkbox"/>
Throat lozenges	<input type="checkbox"/>	Bandages	<input type="checkbox"/>
Diarrhoea relief	<input type="checkbox"/>	Alcohol-free cleansing wipes	<input type="checkbox"/>
		Vitamin D	<input type="checkbox"/>

All of these items are available from your local community pharmacy, shops and supermarkets. You can find your nearest community pharmacy and view their opening hours at: [togetherwe-can.com](https://www.togetherwe-can.com)

If you or someone you live with takes other medication regularly, check with a member of your pharmacy team before you take over the counter medicine.

Mental health and isolation

Spending any length of time in your home can make you feel isolated and lonely, which can affect physical and mental health.

For most of us feelings of anxiety or low mood will gradually disappear, but some of us will need more help and support. The NHS website gives you good ideas on what you can do to look after your emotional health and wellbeing: Stay Well Tips - [togetherwe-can.com](https://www.nhs.uk/staywelltips)

Looking after your mental health

It's normal to experience low mood, anxiety or stress, but talking to people is an important way of dealing with these things. Plan and make regular phone calls, instant message and text friends, family, neighbours and colleagues. Children should be encouraged to share their feelings too. You can entertain yourself and stimulate your mind at home with hobbies, puzzles and games.



Healthy lifestyle

It's important to maintain a healthy lifestyle that includes eating well, keeping active, drinking plenty of water and getting a good night's sleep.



Plan your week

Try to organise your week and plan things you enjoy or that give you a sense of achievement. Keep to regular routines or create new ones around learning, play and relaxation. Make sure to plan some time in to relax and take care of yourself.



Kindness in Calderdale

Our resilience and kindness as people has been really important throughout the pandemic. Simple acts of kindness can make a big difference to yours and others' wellbeing. A supportive message to a friend, a quick wave to a neighbour, or a simple hello, can all make a world of difference to someone. Help in the home by tidying or taking turns with cooking and household tasks. Don't be afraid to reach out and ask for help from family, friends and health professionals if you find yourself struggling.



More support for mental health

Adults

South West Yorkshire Partnerships NHS Foundation Trust (SWYFT) helps people through mental health, community, learning disability and wellbeing services across Calderdale. Find out more here: www.southwestyorkshire.nhs.uk



A free and confidential 24/7 mental health support helpline is available for anyone in Calderdale registered with a GP. It offers support and guidance on where you can access help
0800 183 0558

Vitaminds is a free, local NHS talking therapies service
0333 0153 494

vitahealthgroup.co.uk/nhs-services/nhs-mental-health/

Children

Open Minds Calderdale provides advice, information, support and signposting on local and national emotional health and wellbeing services that help children, young people and families who are going through a difficult time.



www.openmindscalderdale.org.uk

Be active: stay strong, keep moving



Stretching regularly



Chair based exercises



Housework, like cleaning



Walking up and down the stairs



Travel actively



Anything that gets you moving!



When we move, we're stronger. One of the most important things that we can do to stay physically and mentally well over winter is to move regularly - every day if you can. Spending at least 10 minutes each day on small exercises can help us to keep mobile, improve our stability, boost our immune system, and leave us feeling happier and healthier.

If you're able, going for a walk around your local park, or leaving the car at home and walking to the shops or to work are great ways to get active, and are great strength and balance building exercises to keep you steady. If you're not able to leave the house, then it's important to keep active at home too. You can try some of the free resources on the Active Calderdale website: active.calderdale.gov.uk

Keep safe whilst being active at home

Exercising is safe for most people and it has many benefits for your health and wellbeing, but some people may need to take some small steps to stay safe.

Most people can exercise without speaking to a doctor first. However, if you have a heart, kidney or metabolic condition, you should speak with your GP or a healthcare professional before starting.

Make sure that you have a clear space and have something sturdy nearby to support you if you fall, and if you're on your own, have a telephone nearby.

Make sure you're wearing comfortable clothing, have a glass of water handy, warm up properly before starting, and pick a pace that suits you.

If you feel unwell during exercise you should stop and rest. Remember, you don't need to do a lot. Even a little exercise every day can make a big difference. Most importantly, enjoy it!

For more tips, including a step by step gentle activity guide, see our **Active at Home** booklet at active.calderdale.gov.uk/campaigns/keeping-active

Vitamin D



Vitamin D is really important for bone health - it keeps our bones strong and healthy. Most people who spend time outdoors get enough Vitamin D from sunlight over the summer. From October through to March, though, the sun isn't strong enough - so eating foods that contain Vitamin D as part of a healthy balanced diet can help. These include:

- Oily fish (such as sardines, salmon and mackerel)
- Liver
- Cheese, milk and butter (very small amounts)
- Egg yolk
- Mushrooms
- Fortified foods (including some margarines and breakfast cereals - check the packet)

Adults and children over the age of 1 should consider also topping up with Vitamin D supplements - available from pharmacies for less than a pound a month. All pregnant and breastfeeding women and young children are at risk of vitamin D deficiency (teenagers, younger women and those from ethnic minorities are particularly at risk).

NHS Healthy Start Scheme

You can get help to buy food and milk with the digital NHS Healthy Start scheme prepaid card, which now replaces the paper voucher scheme. You can join Healthy Start if you're at least 10 weeks pregnant or have a child under four years old and you or your family get certain benefits, or if you are aged under 18 and pregnant, even if you don't get any other benefits.

You can use your card to buy plain liquid cow's milk, fresh, frozen and tinned fruit and vegetables, fresh, dried and tinned pulses or infant formula based on cow's milk. You can also get free Healthy Start vitamins at the four Calderdale Children's Centres in Calderdale - Jubilee, Innovations, Elland and Todmorden or by asking your Health Visitor or Midwife.

To join or to find out more visit www.healthystart.nhs.uk or call **0300 330 7010** (please note call charges do apply) You can also speak to your Midwife or Health Visitor.

EASY STREET

Easy Street is any street that criminals find inviting due to poor home security and maintenance.

Think about your own home. Is it inviting for all the wrong reasons?
Follow our check list to improve your home security



Insecure doors and windows, it's easy to forget to lock up when you're in a rush.



Check your doors and windows meet minimum security standards of PAS 24.



Internal lights and external dusk till dawn lighting can reduce the risk of being burgled.



Protect your valuables inside your home by keeping them out of sight.



You can grow your own security with defensive planting such as hardy bushes and shrubs.

Speak to our Crime Prevention Officers for more information or visit:
www.westyorkshire.police.uk/burglary

EASY STREET

Secured by Design



ULTION



WEST YORKSHIRE
POLICE

Official Police Security Initiative

Be prepared at home



Clearing paths
& snow code



Stock up on Items



Heating



Animals



Vulnerable
neighbours



Heating oil

Preparing your home for winter will give you peace of mind during severe weather conditions.



Clearing paths and snow code - Clearing paths of ice and snow will help you and your neighbours. Follow the national snow code at www.metoffice.gov.uk



Heating - Keep your room temperature between 18-21°C if you can. If you are unsure about your energy tariff and want to discuss if this is the correct one for you, call CAB on **0800 278 7879**.



Vulnerable neighbours - Check on older neighbours or relatives. Offer assistance when needed, such as clearing paths, moving bins or collecting essential food or prescriptions.



Stock up on items - Stock up on non-perishable items, such as tinned food, nappies and cleaning products.



Animals - Ensure that you have enough animal food to last several days. Don't leave them outside in cold weather.



Heating oil - If you use oil, LPG, wood products or solid fuel make sure that you have a sufficient supply. The Buy Oil Early campaign highlights benefits, including lower prices and prompt delivery. www.acre.org.uk

You could be eligible for £150 off your electricity bill for winter 2022/23, see: www.gov.uk/the-warm-home-discount-scheme

Citizen's Advice Bureau provide affordable warmth solutions for Calderdale families struggling with fuel bills. Call **0800 278 7879** to arrange a telephone appointment with your local energy advisor.

Be prepared for floods



Insurance



Possessions



Contacts



Utilities



Kit bag



Flood protection

To prepare for any future flooding, there are a few things you can do to protect yourself and your home. Sign up for flood warnings using the information on page 27. If you see flood water, identify the source of the water - blocked gully, reservoir, watercourse or sewer - and report it at: calderdale.gov.uk/flooding. For more information and advice, visit eyeoncalderdale.com



Insurance - Make sure you have adequate insurance cover. The Flood Re scheme can help to keep costs down - see floodre.co.uk



Possessions - Keep vital possessions upstairs or stored as high as possible in waterproof containers. Have plans in place to move such items at short notice.



Contacts - Make a list of useful phone numbers you may need and add **ICE** (In Case of Emergency) to the beginning of one number on your list. This is the phone number the emergency services will look for and phone if something should happen to you.



Utilities - Make sure you know where to turn off your gas, electricity and water supplies. If you are not sure, ask the person who checks your meter when they next visit.



Kit bag - Prepare a kit bag in case you need to evacuate your home.



Flood protection - Install flood resistance measures (e.g. barriers, drain sealers and anti-flood air bricks) and resilience measures (e.g. sump pumps, raised electrics and water-resistant building materials) and test them regularly.

DO YOU KNOW WHAT TO DO IN A FLOOD?

FLOOD ALERT

PREPARE



Pack medicines & insurance docs



Visit the flood warning information service

FLOOD WARNING

ACT



Move things upstairs or to safety



Turn off gas, water & electricity



Move family, pets & car to safety

SEVERE FLOOD WARNING

SURVIVE



Follow emergency services' advice



Immediate danger?
Call 999



Stay safe

Do not:

- drive through, touch or play in flood water
- increase traffic congestion by making unnecessary journeys
- endanger yourself by visiting flooded areas

FLOOD

Here are five important things that you can do now to help prepare for the impacts of flooding:

Sign up to receive warnings - Call Floodline on 0345 988 1188 or visit [flood-warning-information.service.gov.uk/warnings](https://www.flood-warning-information.service.gov.uk/warnings). You can sign up to receive a flood warning by searching by town or city, even if your property is not located in that area.



FLOOD ALERT



FLOOD WARNING

Understand your risk - What is the risk to your property? Are your access routes affected? Do you know what you would do if a flood warning was issued?



Make a plan - Taking steps to prepare for flooding could significantly reduce the damage to your home and possessions (by around 40%). Download a flood plan template here: [gov.uk/prepareforflooding/future-flooding](https://www.gov.uk/prepareforflooding/future-flooding). Make sure you understand the flood plans of schools and nursery settings of children under your care.



Work together - Communities and people are stronger together. Discuss your plan with your friends, family and neighbours to make sure everyone understands it. Visit [eyoncalderdale.com](https://www.eyoncalderdale.com) for information on volunteering opportunities.



Look after your mental health - If flooding is impacting on your wellbeing, there are a number of services that can help. Visit talking therapies providers in Calderdale www.southwestyorkshire.nhs.uk and www.vitahealthgroup.co.uk



FLOOD

Be prepared for car travel



Check weather



Check antifreeze



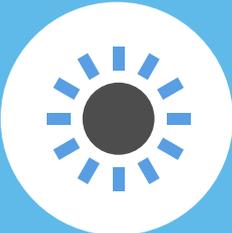
Snow



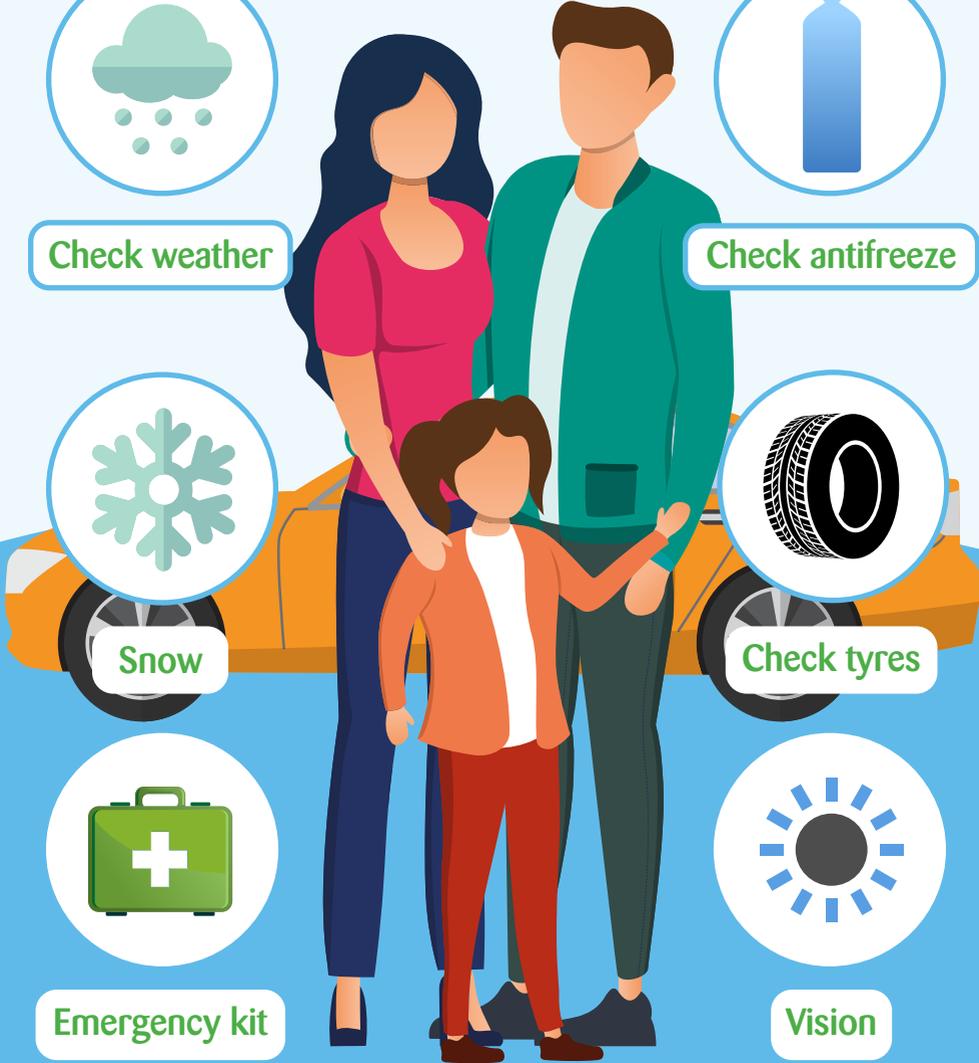
Check tyres



Emergency kit



Vision



There are a few preparations and checks you can do to ensure that you are safe to travel this winter. If in any doubt, get your car checked out ready for winter at your local garage.



Check weather - Before travelling, check weather forecasts and keep up to date with the latest warnings. Do not make unnecessary journeys if there are weather warnings. You can see our winter Twitter feed here:

twitter.com/CalderHighways



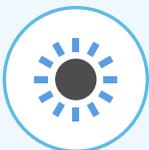
Snow - If your car is covered with snow, ensure that you remove all the snow off the whole of the car before you set off. In snow and severe winter conditions, plan your route carefully and stick to the main roads and valley bottoms.



Check tyres - Make sure your tyres have good tread and enough air in them.



Check antifreeze - Make sure you check your antifreeze, screen wash and oil levels.



Vision - Check that you have a windscreen demister and keep all windows as clear as possible. Clear any snow off your headlights, rear lights and side lights. Cyclists should wear reflective clothing when cycling in the dark.



Emergency kit - Have a kit in your car that includes:

- | | |
|--|--|
| <input type="checkbox"/> Warm clothes and blankets | <input type="checkbox"/> Boots |
| <input type="checkbox"/> Charged mobile phone | <input type="checkbox"/> First aid kit |
| <input type="checkbox"/> Torch and spare batteries | <input type="checkbox"/> Jump leads |
| <input type="checkbox"/> Food and hot drink thermos | <input type="checkbox"/> A shovel |
| <input type="checkbox"/> Any medication you take regularly | <input type="checkbox"/> Road atlas |
| | <input type="checkbox"/> Sunglasses (for snow glare) |

Your winter checklist

Please take some time to complete this checklist to ensure you have prepared for winter.



Stock up

on non-perishable items such as tins and nappies



Possessions

keep vital possessions upstairs. Write a flood plan



Animals

stock up on food



Contacts

handy list of essential contacts, e.g. GP, pharmacy



Heating oil

stock up on fuel if used



Utilities

know how to turn off gas, electricity and water supplies



Check tyres

check air and ensure good tread



Kit bag

prepare a bag in case you need to leave your home



Antifreeze

check antifreeze, screen wash and oil levels



Flood protection

install flood resistant measures



Vision

check your driving visibility including window demister



Get your winter jabs

contact a GP or pharmacist about getting a flu and COVID-19 jabs



Insurance

make sure you have adequate cover



Prescriptions

order prescription medicine in good time

Winter Wise contacts

Always dial 999 in a life-threatening emergency. For local updates during an emergency, see www.calderdale.gov.uk/v2/emergencies, @Calderdale on Twitter, Calderdale Council on Facebook

Health and wellbeing - For help with minor injuries at any time or urgent medical care when your GP practice or community pharmacy is closed, visit 111.nhs.uk or dial 111. For information and advice on keeping well and details about local services, visit togetherwe-can.com. For free 24/7 mental health support, call 0800 183 0558 or call Night OWLS for children and young people on 0300 2003900 (8pm-8am).

Winter weather service and gritting – calderdale.gov.uk/v2/residents/transport-and-streets/winter-service-gritting.

Met Office weather warnings: metoffice.gov.uk/weather/warnings-and-advice/uk-warnings

Flooding - Check flood warnings: check-for-flooding.service.gov.uk / 0345 988 1188.

Report flooding: rivers - 0345 988 1188; surface water - 01422 288002 (01422 288000 out of hours) or visit calderdalecouncil.custhelp.com/app/contact

Roads and transport - Traffic alerts: theaa.com/route-planner/trafficnews.

Public transport disruption: wymetro.com/plan-a-journey.

Report a blocked gully: calderdale.gov.uk/transport/roads/request-report/report-pot-hole.html

Utilities - Power cuts: call 105 to report or visit northernpowergrid.com/power-cuts-map.

Water supply: visit yorkshirewater.com/your-water/report-a-problem

Public safety non-emergency police service – visit www.westyorkshire.police.uk/101LiveChat or dial 101

Safeguarding concerns - Multi Agency Screening Team (children) 01422 393336, Gateway to Care (adults) 01422 393000, out of hours Emergency Duty Team 01422 288000.

Voting in the 2023 Elections



The elections are on the 4th May next year. You can have your say in person, by post or by proxy. If you want to vote by post please apply early - for an application, please contact the Electoral Services - by email electoral-services@calderdale.gov.uk or telephone 01422 393103, or find out more at electoralcommission.org.uk/voter

From 2023 there will be changes to the way that elections are run that will impact voters, candidates, and political parties.

Visit the Gov.uk website to find out more about the Elections Act 2022. www.gov.uk/government/news/greater-protections-for-voters-as-governments-elections-bill-achieves-royal-assent

Tell us what you think?

Let us know what you think of this Winter Wise guide by emailing ecommunications@calderdale.gov.uk

If you would like to request this leaflet in another language or in an accessible format, such as large print or audio, please contact: ecommunications@calderdale.gov.uk

اگر آپ کو یہ معلومات کسی دوسری زبان
یا شکل میں چاہئے تو رابطہ کریں:

আপনি যদি এই তথ্য অন্য কোন মাধ্যম অথবা ভাষায় চান
তাহলে দয়া করে যোগাযোগ করুন :

Jeśli chciałbyś ta, broszurę w innym
formacie, proszę zadzwonić

Pokud byste chtěli tyto informace v jiném jazyce, pošlete e-mail

ecommunications@calderdale.gov.uk

If you need urgent help and don't have internet access call
01422 392890