

# Keeping Well This Winter: talking tips

Talking about Keeping Well this Winter is more important than ever this year - especially with older people who are not online.

Here are some talking tips for frontline workers, volunteers, family or friends developed with older people's groups to help the conversation go well.

Please see the [Keeping Well this Winter Booklet](#) and the [Talking about Keeping Well This Winter film](#), for more information.

- Have the [latest Covid-19](#) guidance to hand
- Pass on practical tips, phone numbers and details of local services
- Suggest what is available locally - signpost to local [Community Hubs](#) when necessary

## Ask me...



### How are you doing today?

*What have you been up to today? How are you keeping busy? What do you like about this time of year?*

#### Practical tips

- Keeping in touch - make time to call a friend, or volunteer to become a phone befriender
- Stay on top of difficult feelings and worries - try to focus on things in your control
- Take time to focus on activities you enjoy - perhaps set a goal or try something new

#### More information

- Befriending services: [Age UK](#), [Silver Line Helpline](#)
- Creative activities: printable resources [GM Creative Care Kit](#), [Baring Foundation](#)
- Mental health support: [Give us a shout](#) (Text 'SHOUT' to 85258), [Independent Age](#) or contact GP



### What's on the menu tonight?

*Are you getting your shopping ok? Have you tried any new recipes lately? How's your appetite?*

#### Practical tips

- Keep a well-stocked pantry and have a few frozen ready meals in the freezer
- Check if your supermarket offers a phone delivery service
- Drink plenty of liquids, stick to regular meal times and have snacks if your appetite is poor

#### More information

- Support with sourcing food: [Local community hubs](#)
- Meal delivery services: [Age UK](#)
- Booklets on eating and drinking well: [Age UK](#) including [affordable meals](#)



### Are you warm enough at home?

*Is everything working at home? Have you got numbers handy if anything goes wrong?*

#### Practical tips

- 21°C is an ideal temperature for your living room, and 18°C for your bedroom
- Check you're getting all the money you're entitled to (by speaking to Citizens Advice)
- Wearing several thin layers of clothing will keep you warmer than one thick layer

#### More information

- Grants and benefits advice: [Citizens Advice](#)  
Pension Credit: [Citizens Advice Greater Manchester](#)
- Energy advice: [Age UK](#)

## Ask me...



### How are your loved ones doing?

*How are you coping?  
What support is there for you?*

#### Practical tips:

- It's OK to ask for support if you need it
- Take time for yourself

#### More information

- Advice and support for carers: [Tide](#) and [Age UK](#)
- Support for people living with Dementia: [Alzheimer's UK](#) and [Dementia United](#)



### Have you had some fresh air today?

*What do you like to do to get moving? What does an active day look like?*

#### Practical tips

- Try to move more throughout your day, if possible get out in the fresh air
- Break up long periods of inactivity with chunks of movement

#### More information

- Strength and balance exercises: [GreaterSport](#)
- Walking routes, groups and activity sheets: [GM Walking](#)



### Are you keeping up with your health appointments?

*Have you had your flu jab?  
Is there anything you'd like to check in with your doctor about?*

#### Practical tips

- The NHS is still open - keep appointments unless you're asked not to attend
- Get medical help if you think you need it. Go to hospital if you're advised to
- Contact your GP or pharmacy to get your flu jab and prescriptions delivered to your home

#### More information

- Latest advice on coronavirus: [NHS](#)
- Using the NHS during coronavirus: [NHS](#)