



Welcome to our Keeping Well for Winter special edition residents' eNewsletter!

Keeping safe this winter



Has the annual “shall we put the heating on?” debate started in your household yet?

Whatever your view, a little preparation now can make a big difference later. We've brought together practical advice and support on keeping warm and healthy, travelling safely, managing energy costs and preparing for severe weather or power cuts.

And in the meantime, aim to heat the rooms you use most to a comfortable temperature – at least 18°C is recommended.

[**Visit our Winter Ready pages**](#)

Are you up to date with vaccinations and screening?



Flu and COVID-19 spreads more easily in winter when we spend more time indoors. Vaccinations are available this autumn and winter for those at higher risk of serious illness. RSV and pneumococcal vaccines may also be available depending on your age or circumstances.

Stay strong, get vaccinated. Check your eligibility and find out how to book your vaccination through [NHS guidance](#) or speak to your GP practice or pharmacy.

Don't forget any NHS screening invitations either. Screening can help detect health issues early, when treatment may be more effective. If you're invited, please take up the offer and book your appointment. Make sure your GP has your latest contact details so you don't miss an invitation.

[Find out about screening](#)

Know what to do if you have a fall



Knowing what to do after you or someone you know has a fall can help you stay calm and get help safely.

Watch this [short video](#) or download a [printable guide](#) for practical advice on what to do following a fall.

You can reduce your risk of falling by staying active, improving strength and balance, checking your eyesight and medicines and removing trip hazards around your home.

Find information and support

Support to stay independent at home



If illness, injury or surgery has made everyday activities more difficult, reablement could help you rebuild your confidence and skills so you can manage more independently at home.

Over the past year, more than 2,600 people in West Sussex received short-term reablement support, with 76% of those completing the programme needing no ongoing care afterwards.

[Technology](#) can make everyday life easier and safer. Technology Enabled Care can include devices that let you call for help, remind you to take medication or detect risks such as a fall, smoke or a gas leak. Find out more about reablement and support to live independently:

Supporting you to live well in West Sussex

Plan today for the care you may need tomorrow



A little planning now can help you feel more prepared for the future. Start with the [West Sussex Care Guide 2026 to 2027](#), a trusted source of information on local care services, support for carers and staying independent.

You can download a copy, pick one up from your local library, or explore our [Planning for your Future](#) resources alongside this for advice on planning and paying for care.

Start planning for your future

Looking after your mental health this winter - As the days get shorter and winter approaches, you might notice changes in your mood or how you're feeling. If things feel difficult, you don't have to manage alone. [Find mental health support in West Sussex.](#)

Help stop winter bugs spreading - Norovirus (vomiting bug) spreads easily. Wash your hands regularly with soap and water, as alcohol hand gels do not kill norovirus. If you have vomiting or diarrhoea, stay off work or school until you've been symptom-free for 48 hours. For further information read the [NHS advice about norovirus.](#)

Help keep antibiotics working - Antibiotics don't work against viruses such as colds and flu, and using them when they're not needed can contribute to antibiotic resistance. Only take antibiotics when prescribed and follow the advice of your healthcare professional. Find out more about [antibiotics and antibiotic resistance.](#)

Quit smoking for a healthier winter - Smoking can worsen flu, Covid and chronic respiratory conditions such as bronchitis and emphysema, making it harder for your

body to recover. It also increases the risk of cancer, heart disease, stroke, and dementia. Stopping smoking helps protect your lungs, reduces the risk of serious illness, and can support a quicker recovery if you're unwell. Get free [help to quit](#).

Support your wellbeing all year round - If you found this information useful, revisit our [Healthy New Year 2026 Newsletter](#), for help on keeping active, maintaining a healthy weight, stopping smoking, reducing alcohol consumption, getting an NHS Health Check and more! Or [visit West Sussex Wellbeing](#).

STOPPING SMOKING

IT'S WELL WORTH IT



READY TO QUIT SMOKING?



Smokefree West Sussex is here to support you every step of the way.

westsussexwellbeing.org.uk/smokefree

or call: 0330 222 7990

 Search Smokefree West Sussex