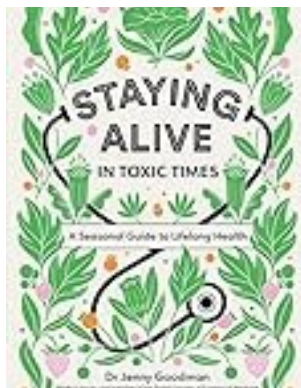
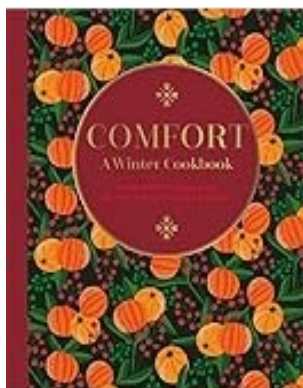




WINTER HEALTH RESOURCE

BOOKS

These are available via Smallwood Library. Please ask a member of staff if you wish to request or login to <https://www.healthlibrariesmidlands.nhs.uk/> with your Library ID.



WINTER ILLNESSES

- General advice and support: royalvoluntaryservice.org.uk/our-services/advice-support/managing-minor-winter-ailments/
- 5 ways to stay healthy: bhf.org.uk/information-support/heart-matters-magazine/wellbeing/stay-healthy-winter
- How cold weather affects your health: metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/health-wellbeing/stay-well-in-winter

KEEPING WARM THIS WINTER

- BCHC Keeping Well and Warm: bhamcommunity.nhs.uk/warm
- How to keep warm: ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter/stay-healthy-in-winter/
- Cost effective tips: redcross.org.uk/stories/health-and-social-care/health/tips-on-keeping-warm-this-winter
- Support for the colder months: royalvoluntaryservice.org.uk/our-services/advice-support/stay-safe-warm-and-well/

MENTAL HEALTH AND WELLBEING

- Seasonal affective disorder (SAD): mind.org.uk/information-support/types-of-mental-health-problems/seasonal-affective-disorder-sad/self-care
- Support for adults and children: redcross.org.uk/get-help/get-help-with-loneliness/wellbeing-support

APPS (AVAILABLE ON GOOGLE PLAY AND APPLE STORE)

- Help improve your mind: MyPossibleSelf
- Track your walks and set goals: NHS Active 10 Walking Tracker
- Short daily workouts from the comfort of your home: Daily Workouts - Fitness Coach