# **Winter Health Resources List**

## **Winter Illnesses**

* Age UK - [Winter Health - Ways to Keep Well this Winter](https://www.ageuk.org.uk/lancashire/our-services/information-hub/winter-health/?gad_source=1&gclid=EAIaIQobChMIiOjLybjEhwMVDEdBAh21IwwqEAAYASAAEgIGlvD_BwE)
* Age UK - [Illnesses caused by cold weather](https://www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter/cold-weather-illnesses-and-your-health/)
* Asthma + Lung UK - [Cold weather and your lungs](https://www.asthmaandlung.org.uk/living-with/cold-weather)
* British Heart Foundation - [5 ways to stay healthy in winter](https://www.bhf.org.uk/informationsupport/heart-matters-magazine/wellbeing/stay-healthy-winter)
* BUPA - [Your guide to winter wellness](https://www.bupa.com.au/healthlink/mental-health-wellbeing/selfcare/your-guide-to-winter-wellness)
* NHS - [Seasonal Vaccinations and Winter Health](https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/)
* Royal Voluntary Service - [Winter Ailments | Advice & Support | Royal Voluntary Service](https://www.royalvoluntaryservice.org.uk/our-services/advice-support/managing-minor-winter-ailments/?utm_source=google&utm_medium=cpc&utm_campaign=20862721907&utm_content=156310345626&utm_term=winter%20health&gad_source=1&gclid=EAIaIQobChMIiOjLybjEhwMVDEdBAh21IwwqEAAYAiAAEgJ5NPD_BwE)
* Royal Voluntary Service - [Nutrition | Royal Voluntary Service](https://www.royalvoluntaryservice.org.uk/our-services/advice-support/nutrition/?utm_source=google&utm_medium=cpc&utm_campaign=20862721907&utm_content=156310345626&utm_term=winter%20health&gad_source=1&gclid=EAIaIQobChMIiOjLybjEhwMVDEdBAh21IwwqEAAYAiAAEgJ5NPD_BwE)
* The Met Office – [How cold weather affects your health](https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/health-wellbeing/stay-well-in-winter)
* Age UK - [How to Keep Warm in Winter](https://www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter/stay-healthy-in-winter/)

## **Keeping Warm this Winter**

* Age UK - [How to Keep Warm in Winter](https://www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter/stay-healthy-in-winter/)
* British Heart Foundation - [Winter wellness: how to keep healthy and warm](https://www.bhf.org.uk/informationsupport/heart-matters-magazine/medical/winter-wellness)
* NHS: Together We Can - [Winter protection](https://togetherwe-can.com/winter-protection/)
* Red Cross - [How to keep warm this winter: cost-effective tips](https://www.redcross.org.uk/stories/health-and-social-care/health/tips-on-keeping-warm-this-winter?c_code=175151&c_source=google&c_name=&adg=home%20page%20|%20catchall&c_creative=dsa&c_medium=cpc&gad_source=1&gclid=EAIaIQobChMIiOjLybjEhwMVDEdBAh21IwwqEAMYAiAAEgLMLvD_BwE)
* Royal Voluntary Service - [Stay Safe, Warm, and Well | Royal Voluntary Service](https://www.royalvoluntaryservice.org.uk/our-services/advice-support/stay-safe-warm-and-well-guide/?utm_source=google&utm_medium=cpc&utm_campaign=20862721907&utm_content=156310345626&utm_term=winter%20health&gad_source=1&gclid=EAIaIQobChMIiOjLybjEhwMVDEdBAh21IwwqEAAYAiAAEgJ5NPD_BwE)
* Royal Voluntary Service - [Prepare for winter | Advice for preparing your home for weather conditions | Royal Voluntary Service](https://www.royalvoluntaryservice.org.uk/our-services/advice-support/preparing-your-home-for-winter/?utm_source=google&utm_medium=cpc&utm_campaign=20862721907&utm_content=156310345626&utm_term=winter%20health&gad_source=1&gclid=EAIaIQobChMIiOjLybjEhwMVDEdBAh21IwwqEAAYAiAAEgJ5NPD_BwE)

## **Mental Health & Wellbeing**

* British Association for Counselling and Psychotherapy - [Seasonal affective disorder: Tips on how to cope with SAD this winter](https://www.bacp.co.uk/news/news-from-bacp/2020/11-december-seasonal-affective-disorder-tips-on-how-to-cope-this-winter/?gad_source=1&gclid=EAIaIQobChMIzMzU8L3EhwMVwET_AR1N4SpYEAAYBCAAEgKtZPD_BwE)
* British Association for Counselling and Psychotherapy - [Seasonal affective disorder (SAD) | How counselling can help](https://www.bacp.co.uk/about-therapy/what-therapy-can-help-with/sad/)
* Hammersmith and Fulham Association for Mental Health Ltd - [How to stay positive during winter](https://www.hfehmind.org.uk/news/how-to-stay-positive-during-winter/?gad_source=1&gclid=EAIaIQobChMI_LSpubzEhwMVYAsGAB2XCiltEAAYAiAAEgKaKvD_BwE)
* Hammersmith and Fulham Association for Mental Health Ltd - [What is Seasonal Affective Disorder?](https://www.hfehmind.org.uk/news/what-is-seasonal-affective-disorder/)
* Men’s Fitness - [How To Protect Your Wellbeing This Winter](https://mensfitnesstoday.com/health/mental-health/mental-health-expert-how-protect-wellbeing-this-winter/)
* Mind - [What self-care can I do for seasonal affective disorder (SAD)?](https://www.mind.org.uk/information-support/types-of-mental-health-problems/seasonal-affective-disorder-sad/self-care/)
* Mindwell - [MindWell’s top 10 tips for winter wellbeing](https://www.mindwell-leeds.org.uk/myself/looking-after-your-wellbeing/mindwells-top-ten-tips-for-winter-wellbeing/)
* NHS - [Mindfulness](https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/)
* NHS - [Seasonal affective disorder (SAD)](https://www.nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad/overview/)
* Red Cross - [Wellbeing Support](https://www.redcross.org.uk/get-help/get-help-with-loneliness/wellbeing-support?gad_source=1&gclid=EAIaIQobChMI_pXy2L7EhwMV1zwGAB21kjdQEAAYASAAEgKonfD_BwE)
* Royal College of Psychiatrists - [Seasonal Affective Disorder (SAD)](https://www.rcpsych.ac.uk/mental-health/mental-illnesses-and-mental-health-problems/seasonal-affective-disorder-%28sad%29)
* Scottish Action for Mental Health - [Protecting your wellbeing during the winter months](https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/protecting-your-wellbeing-during-the-winter-months)
* The Met Office - [Looking after your mental health through the winter](https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/health-wellbeing/winter-and-mental-health)

## **Keeping Active this Winter**

* AXA Health - [Benefits & tips for exercising outdoors](https://www.axahealth.co.uk/staying-healthy/exercise-and-fitness/benefits-and-tips-for-exercising-outdoors/)
* British Heart Foundation - [3 tips to help you keep fit in winter](https://www.bhf.org.uk/informationsupport/heart-matters-magazine/activity/keep-fit-winter)
* British Heart Foundation - [How to get active indoors](https://www.bhf.org.uk/informationsupport/heart-matters-magazine/activity/get-active-indoors)
* BUPA - [Home exercise program: Winter workout](https://www.bupa.com.au/healthlink/health-fitness/exercises-workouts/home-exercise-program-winter-workout)
* NHS - [Walking for health](https://www.nhs.uk/live-well/exercise/walking-for-health/)
* Nuffield Health - [The right way to exercise in winter](https://www.nuffieldhealth.com/article/how-to-stay-fit-in-winter)

## **Apps**

* [Calm](https://play.google.com/store/apps/details?id=com.calm.android&hl=en) – app for sleep, meditation and relaxation.
* [Headspace](https://play.google.com/store/apps/details?id=com.getsomeheadspace.android&hl=en) – Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.
* [MyPossibleSelf: Mental Health](https://play.google.com/store/apps/details?id=com.mypossibleself.app&hl=en) - access to the best toolkits available to improve your mind; includes interactive tools and coping strategies, using cognitive behavioural therapy (CBT), customised for digital use.
* [NHS Active 10](https://play.google.com/store/apps/details?id=uk.ac.shef.oak.pheactiveten) - records every minute of walking you do, tracking your steps, helps you set goals and shows your achievements
* [NHS Couch to 5K](https://play.google.com/store/apps/details?id=com.phe.couchto5K&hl=en) - A running programme for beginners to help you get started with running
* [NHS App](https://play.google.com/store/apps/details?id=com.nhs.online.nhsonline&hl=en) – The NHS App gives you a simple and secure way to access a range of NHS services on your phone. You can view your health record, including test results, request repeat prescriptions and book appointments.
* [Sorted: Mental Health](https://play.google.com/store/apps/details?id=uk.co.positiverewards.feelgood&hl=en) – accredited by NHS digital - a mark of its effectiveness, safety and good function. Easy to use, the audio modules uniquely combine applied relaxation with goal-focused visualisations derived from the latest neuroscience and sports coaching methods.
* [The Mindfulness App](https://play.google.com/store/apps/details?id=se.lichtenstein.mind.en&hl=en) – Enjoy a more restful sleep, stress less, and reduce your anxiety together with over 350 guided meditations.

## **Advice in alternative formats**

* NHS – [We’re here to help you stay well this winter](https://www.youtube.com/watch?v=5QfXkL6TLV0)
* NHS - [Audio version of stay well this winter leaflet](https://soundcloud.com/nhsengland/an-audio-version-of-the-202223-stay-well-this-winter-leaflet?si=b6e9f742ee174b08a92bd4ab58f27ca0&utm_source=clipboard&utm_medium=text&utm_campaign=social_sharing)
* NHS - [Mental wellbeing audio guides](https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides/)
* NHS - [Stay Well This Winter (Large print version; audio, British Sign Language, Braille, Easy Read)](https://campaignresources.dhsc.gov.uk/campaigns/stay-well-this-winter/alternative-formats-including-audio-and-bsl-video/)