



Keeping on top of things

Managing your money. You or your carer may be eligible for support, discounts or certain benefits which could help with paying bills.

Planning ahead. If you have a carer, or if you care for someone, put a contingency plan in place in case either of you become unwell or have to self-isolate.

Getting extra support. Try asking friends or neighbours, as people often want to help out. If you need a bit more support, local services and charities can give you a hand with things you find difficult. Some services are free and some you will need to pay for.



"I called HertsHelp and the lady I spoke to offered ideas to help support mum and us as her family. She was able to organise someone to come and see us to help with a benefits check. She was such a genuinely lovely person and said that if there was anything else we needed, we should feel free to call them back – as even if they couldn't help they would try to find the right people that could."



Where to go for advice

HertsHelp

HertsHelp is a free, independent service to help you find the information and support you need from a range of organisations.

Call: 0300 123 4044

Email: info@hertshelp.net

Visit: www.hertshelp.net

Hertfordshire Directory

Find national and local community groups, charities and services.

Visit: www.hertfordshire.gov.uk/directory

Adult Care Services

Information about social services and resources for adults.

Visit: www.hertfordshire.gov.uk/adults

Email: contact@hertfordshire.gov.uk

Call: 0300 123 4042

Carers in Hertfordshire

Information and support for family carers.

Visit: www.carersinherts.org.uk

Call: 01992 586969

Your *Connected* Life

Tips to help you stay active, happy and well this winter

www.hertfordshire.gov.uk/yourconnectedlife



We might not be able to do everything we'd like at the moment, but it's more important than ever to make sure you look after yourself and have things to look forward to.

This leaflet gives a few ideas about ways to stay active, happy and well through the winter months and beyond. And on the back page, you'll find useful contacts where you can get help and advice if you want to do more of the things you enjoy or are starting to find everyday tasks a bit more difficult.



Keeping healthy

Keep medical appointments and check you're taking medication correctly. Make sure you order medication in plenty of time – some pharmacies do home deliveries.

Get a flu jab. This year, it's especially important to get your free flu vaccine if you're eligible. Speak to your doctor, local pharmacy or call 111.

Stay warm and eat well. You could be entitled to support or discounted energy improvements, and if you struggle to get shopping, try getting food or pre-prepared meals delivered to your home.

Keeping active

Staying active makes a big difference to your overall health and wellbeing. And exercise helps you stay steady on your feet and reduces the chance of having a fall. Even simple things like moving around at home, a spot of gardening, or wrapping up warm and going for a walk, can help keep you fit and lift your spirits. Plus, there are exercise classes for all ages and abilities to choose from.

 "I've joined a weekly online chair exercise class. It's easy to follow the instructor on screen, I can go at my own pace and it's a great way to meet up with people and keep each other motivated."

Keeping in touch

Talk to friends and family about different ways to stay in touch, like WhatsApp groups and video calls. The internet is useful for all sorts of things from shopping to booking appointments, so ask for help to get online if you're unsure how.

 "My tablet is a real lifeline. I get to see and chat to my family every week, even though they live a long way from me. I have signed up for a beginner's digital course so I can do even more things online."

 You could try joining a hobby or interest group to do the things you enjoy and meet new people. And you may be able to offer your skills by volunteering to support others, even from home.

Many services, groups and clubs which had to close during lockdown are reopening safely or have moved online. For example, your local library has some limited services and Age UK continues to offer support by telephone and on Zoom and they're gradually starting face to face meetings.

Check in with groups you usually attend or find new activities by calling HertsHelp 0300 123 4044.