

Stay warm and well

**A BETTER
MEDWAY**
Easier ways to be healthy

Medway
COUNCIL
Serving You

medway.gov.uk/warmandwell



Top tip: Make sure you heat your home to at least 18 degrees, particularly if you're not very mobile, are 65 or over, or have a health condition (such as heart or lung disease)

Protect Medway: We need to fight the virus

together

Coronavirus hasn't gone away – by working together we can prevent more cases and keep Medway safe.



Remember:

- Social distance from anyone **not in your household**
- It is illegal to meet in large groups – check the latest rules on meeting other households at **[gov.uk/coronavirus](https://www.gov.uk/coronavirus)**
- Wash your hands regularly throughout the day (a thorough wash = 20 seconds)
- Wear face coverings in shops, shopping centres, public transport and when you visit Medway Council buildings
- If you have a coronavirus symptom, stay at home and book a test online at nhs.uk/coronavirus or by phoning 119

Protect yourself and others. Play your part now and we will get through this together.

What to do if you have symptoms

Either book a home test or visit one of our test centres, including Curtis Way (Rochester). Please remember: You should only book a test if you have any of the three symptoms of coronavirus (COVID-19):



If a household member has symptoms but you don't, only they need to get a test.

Remember:

- You must get a test if you have symptoms
 - Book a home test through **gov.uk/get-coronavirus-test** or book a test at a centre through **nhs.uk/coronavirus** or by phoning **119**
 - You must book a test before you visit a local testing site
 - Do not travel to other locations until you've had your test result
 - If you have a positive test, you must stay at home for at least 10 days
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COVID-19 Support Service

If you have been identified as Clinically Extremely Vulnerable to COVID-19 or have been told to self-isolate by the NHS and you need support with food, medicines or just need someone to talk to, please phone our helpline on **01634 333103** or email **covid.support@medway.gov.uk**

If you have to self-isolate, you may be eligible for financial help

If you are in receipt of benefits and cannot work from home while you have to self-isolate, you may be entitled to a payment of £500.

This is open to people told to self-isolate by NHS Test and Trace on or after 28 September 2020. The scheme will run until 31st March 2021.

Find out if you could be eligible and how to apply:

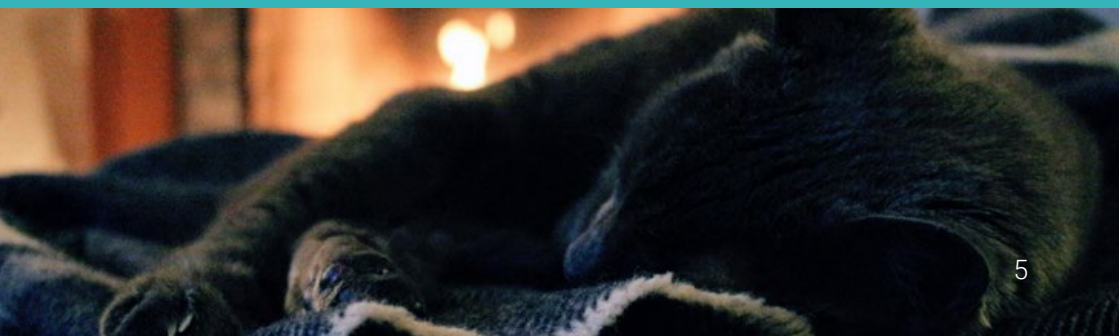
Visit **medway.gov.uk/testandtracepayment**
or phone **01634 306000**

Stay up-to-date on COVID-19 cases in Medway

If you don't have access to the internet at home, you can find out the latest local COVID-19 updates over the phone.

Dial **01634 336000** to listen to a pre-recorded message which will provide the latest infection rate, regional R rate and the number of COVID-19 related deaths in Medway. This information will be updated every Friday afternoon.

For the latest on local council services, visit
medway.gov.uk/coronavirus



Fight flu this winter

The winter period traditionally sees increased cases of flu. Flu can affect all of us, but in particular it can make certain groups, particularly older residents, very unwell.

Those most at risk include:

- Over 65s
- Pregnant mums
- Anyone with a serious, long-term medical condition (EG: diabetes, severe asthma, kidney disease)

If you fall into these groups, you should book your free flu jab with your GP or pharmacy.



Flu or coronavirus symptoms: How can I tell?

There are some similarities in the symptoms for coronavirus and flu: Here's what to look out for



**New
persistent
cough**

✓ Flu

✓ Coronavirus



**Fever
(high
temperature)**

✓ Flu

✓ Coronavirus



**Loss of smell
or taste**

✗ Flu

✓ Coronavirus



**Sneezing or
runny nose**

✓ Flu

✗ Coronavirus

For the latest on flu, visit [medway.gov.uk/flu](https://www.medway.gov.uk/flu)



Keep warm and well

Keeping warm is really important in the colder months. It can help you from becoming vulnerable to illnesses such as colds and pneumonia.

Stay warm and well this winter by following our top five reminders:

- Make sure you heat your home to at least 18 degrees, particularly if you're not very mobile, are 65 or over, or have a health condition (such as heart or lung disease)
- Babies: to reduce the risk of Sudden Infant Death Syndrome (SIDS), babies should sleep in rooms heated to between 16°C and 20°C
- Make sure you get your heating system checked regularly by a qualified professional
- Only go outside at night if absolutely necessary and wear an extra layer of clothing
- Keep moving indoors by doing little exercises, such as moving your feet up and down (which helps improve your blood circulation)



Recipe ideas

Eating warmer foods during colder months, including soups, curries and stews, can help give you energy to stay active and keep your body warm.

Make sure you have hot drinks throughout the day: Fruit teas can give you a great energy boost

Hot spiced milk

One Serving

- 250 ml milk
- 1 star anise
- 2 cloves
- 1 cardamom pod
- ½ teaspoon honey
- 1 pinch of ground cinnamon
- 1 pinch of ground nutmeg



1. In a saucepan add star anise, cardamom seed and milk. Bring to a simmer over medium heat then set aside for 5 minutes to infuse.
2. Strain the milk into a mug, stir in the honey and sprinkle with cinnamon and/or ground nutmeg.

Mulled cider

Serves 2 | Non-alcoholic

- 500 ml non-alcoholic cider
- 1 star anise
- 2 cloves
- 1 cinnamon stick
- 1 orange juice
- Pinch of nutmeg



1. Heat all the ingredients in a saucepan over a low heat. Let it simmer for 5 minutes.
2. Divide the drink between two glasses or mugs and serve warm.



Mediterranean chicken pasta

Ready in 30 mins | Serves 2

- 300g chicken breast cut into stripes
- 1 garlic clove, chopped
- 1 red/yellow pepper sliced
- 1 courgette chopped
- 100g mushrooms sliced
- 1 can of chopped tomatoes
- 1 tbsp tomato puree
- Pinch of dried mixed herbs
- 200 g dried wholewheat pasta



1. In a saucepan or wok, fry the meat and garlic for 5 minutes until browned.
2. Add the pepper, courgette, and mushrooms and stir-fry for further 2 minutes.
3. Add chopped tomatoes, tomato puree, dried mixed herbs, and season to taste. Bring to boil and simmer for 5 minutes.
4. In the meantime, cook the pasta according to the instructions on the packet. Drain and stir cooked pasta into the sauce.



Hearty vegetable soup

Ready in 45 mins | Serves 6

- 1 tsp vegetable oil
- 1 medium onion, chopped
- 2 carrots, sliced
- 1 parsnip sliced
- 1 leek sliced
- 2 sticks of celery, chopped
- 100 g green beans
- 80 g frozen peas
- 200 g potatoes, peeled and chopped into small cubes
- 1 tin chopped tomatoes
- 1 tbsp tomato puree
- 1 tsp dried herbs
- 1 litre boiling water
- Fresh chopped parsley

1. In a large pan heat the oil and fry until sizzling the onions, carrots, parsnip, leeks, and celery. Cover the pan and cook the vegetables for 5 minutes over a low heat.
2. Add tin of chopped tomatoes, tomato puree, green beans, frozen peas, potatoes, dried herbs and boiling water.
3. Bring to boil and simmer for 15-20 minutes. Season the soup with salt and pepper and garnish with chopped parsley.





HELP GET US BACK TO THE THINGS WE LOVE



**Play your part NOW
in the fight against
COVID-19**



Keep Medway safe, follow the national guidelines

[medway.gov.uk/coronavirus](https://www.medway.gov.uk/coronavirus)

#ProtectMedway

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Now more than ever, it's important to look out for one another. Neighbours, friends, family, colleagues - talking to someone and letting them know you're around can make a huge difference to the way someone is feeling.

Talking is good for all of us. The A Better Medway Together campaign helps tackle social isolation and loneliness in Medway.

Check for ways to connect with your community at **medway.gov.uk/community** or phone **01634 334800** for advice.

Support for over 65s; Be Better Connected

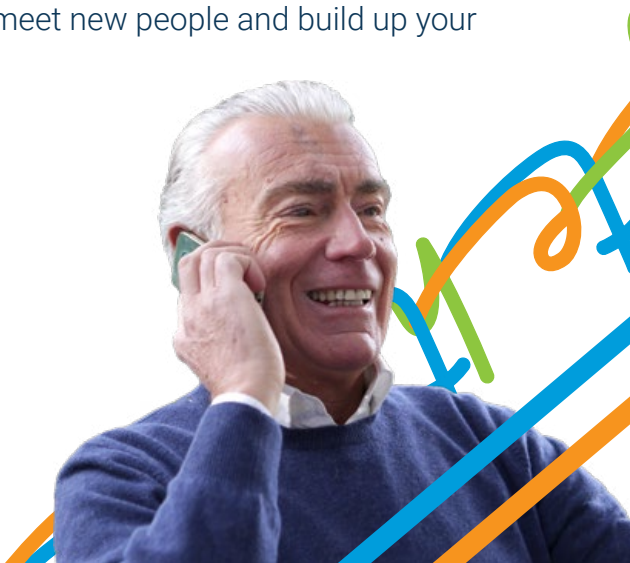
Our new programme for residents aged 65+ provides 121 support, helping them become less isolated in society.


The Better Connected team provide:

- A 12-week support programme with sessions provided over the phone or video call
- Support to help you attend/take part in new activities
- Giving you confidence to meet new people and build up your social network

Find out more

To speak to one of our team about the Better Connected service please phone us on **01634 333013**. or visit **medway.gov.uk/betterconnected**



A cozy indoor scene featuring a fireplace with a warm fire burning. In the foreground, several pairs of feet are visible, wearing various styles of socks: brown cable-knit socks with white cuffs, grey socks with a white floral pattern, and blue and white striped socks. A white mug is partially visible on the left. The image has an orange geometric overlay on the right side containing text.

Top tip: Make sure you have hot drinks throughout the day: Fruit teas can give you a great energy boost



Health Check

Book your NHS health check and stay fit and well

Book your free NHS health check, available to 40 to 74 year olds.
Your GP will send you a letter if you are due a check.

If you do have a health problem the check will spot it early when it is easier to treat.

To find out if you are eligible:



Phone **01634 335 830**



Text **CHECK** to **81066**



Visit **[medway.gov.uk/healthchecks](https://www.medway.gov.uk/healthchecks)**