

November 2015

www.norfolk.gov.uk/warmandwell

Help us to keep Norfolk warm and well this winter

This winter, we're promoting the help and advice available to those who need it through the Warm and Well campaign.

On average in Norfolk, there are around 620 extra deaths each winter compared to the number of deaths during summer - many of which are preventable. The Warm and Well campaign aims to:

- Encourage communities to look out for elderly relatives, neighbours, or those in at risk groups.
- Provide advice and top tips on staying warm and well.
- Promote the financial help and practical support that is available.

Free e-learning module

We've created a free Warm and Well e-learning course aimed at anyone who comes into contact with vulnerable people over the winter. This could include frontline health and social care staff, volunteers and also people with friends, relatives and neighbours who might be more at risk during the winter. We would also encourage staff and pupils at your school to complete the course.

The course covers the dangers of winter, ways to keep warm, and services available to help people in Norfolk. It takes approximately 20 minutes to complete.

Access the course at www.norfolklivingwell.org.uk/warm-and-well/index.htm.

There's more winter health advice at www.nhs.uk/staywell