

Staying healthy, feeling better

Happy New Year!

January is often a time when people feel they could benefit from being healthier. It's also a time when some members of the community might be particularly vulnerable. We draw together several campaigns taking place this January.



Dry January

Alcohol Concern are running the annual campaign to encourage people to refrain from alcohol for 31 days. Evidence suggest collaborative, group-support initiatives like this are more likely to help people succeed in cutting back on alcohol consumption. [Full details here](#)

There are a number of Dry January events taking place in each of the three boroughs, [see what's happening here](#).

For resources and services that can help with cutting back on alcohol, seeing our [November newsletter](#)



Making sure we get enough Vitamin D

Known as 'the sunlight vitamin' as we get most of our Vitamin D from sunlight on our skin, Vitamin D is important as it helps the body absorb calcium for healthy bones and teeth.

In winter the UK sunshine is not strong enough to help the body make the vitamin. We rely instead on body stores, and food, during the winter months. Some groups, including older people, can be at risk of vitamin D deficiency.

The Public Health Nutrition Team from Central London NHS Trust are running a campaign highlighting the importance of keeping topped up on Vitamin D, and signposting to resources. [Find out more here](#)





Still time to have the flu jab!

The NHS has been encouraging everyone to Stay Well This Winter by taking steps to minimise the risk of becoming unwell - the flu vaccine.

Flu vaccines are available free to older people aged over 65, people with long-term health conditions and carers. Most GPs and pharmacies will be providing the vaccines until the end of January or February so it is still not too late for residents to have theirs.

If you, or someone you know, is eligible for a free flu vaccine speak to a GP or pharmacist.

For more information on the flu vaccine and staying well this winter visit [nhs.uk/staywell](https://www.nhs.uk/staywell) and see our [Taking care of yourself](#) pages on People First for general advice.

Spreading the warmth

Each winter, one older person dies every 7 minutes from the cold.

There is a general lack of awareness of the serious effects that cold weather can have on an older person's health. [Age UK's 'Spread the warmth' campaign](#) draws together a number of resources.



On People First we also have local information to help residents stay warm. See our [Staying Warm and Help With Fuel Bills](#) page.



Events and activities

We have a big list of activities on People First across the three borough area - during 'term time' this can be over **100 a day**. Encouraging residents to take part is an essential way for them to stay healthy, and the new year is a good time to get the ball rolling! There are activities for people who are housebound too. [See our events list here](#).