



Winter Health Resources List

1. Winter Illnesses

- Age UK - [Winter Health - Ways to Keep Well this Winter](#)
- Age UK - [Illnesses caused by cold weather](#)
- Asthma + Lung UK - [Cold weather and your lungs](#)
- British Heart Foundation - [5 ways to stay healthy in winter](#)
- BUPA - [Your guide to winter wellness](#)
- NHS - [Seasonal Vaccinations and Winter Health](#)
- Royal Voluntary Service - [Winter Ailments | Advice & Support | Royal Voluntary Service](#)
- Royal Voluntary Service - [Nutrition | Royal Voluntary Service](#)
- The Met Office – [How cold weather affects your health](#)
- Age UK - [How to Keep Warm in Winter](#)

2. Keeping Warm this Winter

- Age UK - [How to Keep Warm in Winter](#)
- British Heart Foundation - [Winter wellness: how to keep healthy and warm](#)
- NHS: Together We Can - [Winter protection](#)
- Red Cross - [How to keep warm this winter: cost-effective tips](#)
- Royal Voluntary Service - [Stay Safe, Warm, and Well | Royal Voluntary Service](#)
- Royal Voluntary Service - [Prepare for winter | Advice for preparing your home for weather conditions | Royal Voluntary Service](#)

3. Mental Health & Wellbeing

- British Association for Counselling and Psychotherapy - [Seasonal affective disorder: Tips on how to cope with SAD this winter](#)



- British Association for Counselling and Psychotherapy - [Seasonal affective disorder \(SAD\) | How counselling can help](#)
- Hammersmith and Fulham Association for Mental Health Ltd - [How to stay positive during winter](#)
- Hammersmith and Fulham Association for Mental Health Ltd - [What is Seasonal Affective Disorder?](#)
- Men's Fitness - [How To Protect Your Wellbeing This Winter](#)
- Mind - [What self-care can I do for seasonal affective disorder \(SAD\)?](#)
- Mindwell - [MindWell's top 10 tips for winter wellbeing](#)
- NHS - [Mindfulness](#)
- NHS - [Seasonal affective disorder \(SAD\)](#)
- Red Cross - [Wellbeing Support](#)
- Royal College of Psychiatrists - [Seasonal Affective Disorder \(SAD\)](#)
- Scottish Action for Mental Health - [Protecting your wellbeing during the winter months](#)
- The Met Office - [Looking after your mental health through the winter](#)

4. Keeping Active this Winter

- AXA Health - [Benefits & tips for exercising outdoors](#)
- British Heart Foundation - [3 tips to help you keep fit in winter](#)
- British Heart Foundation - [How to get active indoors](#)
- BUPA - [Home exercise program: Winter workout](#)
- NHS - [Walking for health](#)
- Nuffield Health - [The right way to exercise in winter](#)

5. Apps

- [Calm](#) – app for sleep, meditation and relaxation.
- [Headspace](#) – 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](#) - 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](#) - records every minute of walking you do, tracking your steps, helps you set goals and shows your achievements
- [NHS Couch to 5K](#) - A running programme for beginners to help you get started with running
- [NHS App](#) – 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](#) – 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](#) – Enjoy a more restful sleep, stress less, and reduce your anxiety together with over 350 guided meditations.

6. Advice in alternative formats

- NHS – [We're here to help you stay well this winter](#)
- NHS - [Audio version of stay well this winter leaflet](#)
- NHS - [Mental wellbeing audio guides](#)
- NHS - [Stay Well This Winter \(Large print version; audio, British Sign Language, Braille, Easy Read\)](#)