

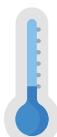
HEALTH INFORMATION WEEK - 2026



Day 5: Winter Health



#HIW2026



Winter Illnesses

- **Age UK:** Tips on staying warm and well through the colder months, and information on winter illnesses.
 - <https://www.ageuk.org.uk/lancashire/our-services/information-hub/winter-health>
 - <https://www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter/cold-weather-illnesses-and-your-health/>
- **Asthma & Lung UK:** Tips on lung health in winter.
 - <https://www.asthmaandlung.org.uk/living-with/cold-weather>
- **British Heart Foundation:** Winter health tips.
 - <https://www.bhf.org.uk/informationsupport/heart-matters-magazine/wellbeing/stay-healthy-winter>
- **NHS:** Official NHS guidance on winter health.
 - <https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>
- **Royal Voluntary Service:** Winter wellness and nutrition guidance.
 - <https://www.royalvoluntaryservice.org.uk/our-services/advice-support/managing-minor-winter-ailments/>
 - <https://www.royalvoluntaryservice.org.uk/our-services/advice-support/eating-well/>
- **The Met Office:** Winter wellness information.
 - <https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/health-wellbeing/stay-well-in-winter>
- **Wellbeing Hub (Intranet page):** Winter wellbeing information from Health, Work and Wellbeing.
 - <https://intranet.sthk.nhs.uk/extranet/circle/2bc1083c5039178806e32fdc94b10fe9?page=452bf208bf901322968557227b8f6fe>



Keep Warm this Winter

- **Age UK:** Guidance on keeping warm in cold weather.
 - <https://www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter/stay-healthy-in-winter/>
- **British Heart Foundation:** For cold weather wellness.
 - <https://www.bhf.org.uk/informationsupport/heart-matters-magazine/medical/winter-wellness>
- **NHS: Together We Can:** Quick reference information on winter health and wellbeing.
 - <https://togetherwe-can.com/winter-protection/>
- **Red Cross:** How to keep warm in winter.
 - <https://www.redcross.org.uk/stories/health-and-social-care/health/tips-on-keeping-warm-this-winter>
- **Royal Voluntary Service:** Guidance on keeping safe & warm, and on preparing your home for winter.
 - <https://www.royalvoluntaryservice.org.uk/our-services/advice-support/stay-safe-warm-and-well/>
 - <https://www.royalvoluntaryservice.org.uk/our-services/advice-support/preparing-your-home-for-winter>



Mental Health & Wellbeing

- **British Association for Counselling and Psychotherapy:** Brief overview of seasonal affective disorder.
 - <https://www.bacp.co.uk/about-therapy/what-therapy-can-help-with/sad/>
- **MIND:** Guidance on seasonal affective disorder and winter wellbeing.
 - <https://www.mind.org.uk/information-support/types-of-mental-health-problems/seasonal-affective-disorder-sad/self-care/>
 - <https://www.hfemind.org.uk/news/how-to-stay-positive-during-winter>
- **MindWell:** Winter wellbeing tips.
 - <https://www.mindwell-leeds.org.uk/myself/looking-after-your-wellbeing/mindwells-top-ten-tips-for-winter-wellbeing/>

- **NHS:** Information on Seasonal Affective Disorder, including treatments, & mindfulness tips.
 - <https://www.nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad/overview/>
 - <https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>
- **Red Cross:** Wellbeing support for children and adults.
 - <https://www.redcross.org.uk/get-help/get-help-with-loneliness/wellbeing-support>
- **Royal College of Psychiatrists:** Information on seasonal affective disorder.
 - [https://www.rcpsych.ac.uk/mental-health/mental-illnesses-and-mental-health-problems/seasonal-affective-disorder-\(sad\)](https://www.rcpsych.ac.uk/mental-health/mental-illnesses-and-mental-health-problems/seasonal-affective-disorder-(sad))
- **Scottish Action for Mental Health:** Winter wellbeing guidance.
 - <https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/protecting-your-wellbeing-during-the-winter-months>
- **The Met Office:** Winter mental health and wellness.
 - <https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/health-wellbeing/winter-and-mental-health>



Keeping Active this Winter

- **AXA Health:** Outdoors exercise tips.
 - <https://www.axahealth.co.uk/staying-healthy/exercise-and-fitness/benefits-and-tips-for-exercising-outdoors/>
- **British Heart Foundation:** Winter fitness tips, and guidance on working out indoors.
 - <https://www.bhf.org.uk/informationsupport/heart-matters-magazine/activity/keep-fit-winter>
 - <https://www.bhf.org.uk/informationsupport/heart-matters-magazine/activity/get-active-indoors>
- **NHS:** Guidance on walking as exercise.
 - <https://www.nhs.uk/live-well/exercise/walking-for-health/>
- **Nuffield Health:** Cold weather outdoor exercise.
 - <https://www.nuffieldhealth.com/article/how-to-stay-fit-in-winter>



APPs

- **NHS APPs:** A trio of useful apps from the NHS.
 - **NHS Active 10:** Records every minute of walking you do, tracking your steps, helps you set goals and shows your achievements.
 - **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.
 - **NHS Couch to 5K:** A running programme for beginners to help you get started with running.
- **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.
- **Sorted: Mental Health:** Accredited by NHS England - 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.

All available on [Android](#) devices via the [Google Play Store](#), and [Apple](#) devices via the [App Store](#)



Media

- **Age UK:** Tips for staying well this winter.
 - **Video** - https://youtu.be/qgbNfz_gqjE?si=84TDs3vd398gV5Ts
- **NHS:** Resources for winter wellness, mental health, wellbeing and mood boosting.
 - **Audio** transcript of the *Stay Well This Winter* leaflet -
<https://soundcloud.com/nhsengland/advice-on-how-to-stay-well-this-winter-from-nhs-england>
 - **Video - BSL** version of the *Stay Well This Winter* leaflet -
<https://www.youtube.com/watch?v=URcpIMv668o>
 - Wellbeing **Audio** guides - <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides/>
- **UK Health Security agency:** Guidance on staying safe in cold weather.
 - **Video - BSL** - <https://www.youtube.com/watch?v=xMzx5IVs3qs>



For more information about Health Information Week, see the HIW website at:
<https://healthinfoweek.wixsite.com/healthinfoweek>

For more information about your NHS Library service, see our website at:
<https://library.merseywestlancs.nhs.uk>

NB: All links are correct at time of creating this resource list - 09 Jan 2026

