



### If you need a hand:

Visit your **GP** team if you're feeling unwell, or after hours phone your GP's rooms for free advice from trained registered nurses.

The **Earthquake Support Coordination Service** can put you in touch with the services you need. Call 0800 777 846 and they will come to you if required.

Contact **Community Energy Action Trust** for information, advice, subsidies and extra funding to keep your home warm. Call 0800 388 588 or visit [www.cea.co.nz](http://www.cea.co.nz).

If your main form of heating was lost or damaged in the earthquake, call **EQC** on 0800 DAMAGE (0800 326 243) or visit [www.eqr.co.nz](http://www.eqr.co.nz).

**Age Concern** can assist with repairs for homeowners who are elderly, and can arrange for a Community Nurse to visit if there are urgent health issues. Call 0800 803 344.

The **New Zealand Fire Service** offers a free fire safety inspection for your home before winter sets in or while you're awaiting repairs. This includes providing smoke alarms and batteries if needed. Call 0800 NZ FIRE (0800 693 473).

If you, your child, or your family has health issues this winter, you could be eligible for financial support from **Work and Income**. Financial assistance could also be available to meet essential heating needs. Call 0800 559 009.

The **Tenants Protection Association**, call 03 379 2297 or visit [www.tpa.org.nz](http://www.tpa.org.nz), has helpful information for both tenants and landlords. If you are having problems with your rental housing talk to your landlord first.

It's definitely all right to ask for help, and free help and support is still available to all Cantabrians through the Canterbury Support Line 0800 777 846 or check out [www.allright.org.nz](http://www.allright.org.nz).

*Most of these organisations have interpreters available if necessary.*

healthy   
Christchurch

[www.healthychristchurch.org.nz](http://www.healthychristchurch.org.nz)

*A CDHB led intersectoral partnership  
with 200+ signatory organisations*



# KEEPING YOURSELF AND YOUR FAMILY/ WHĀNAU WELL THIS WINTER

# STAY WARM AND WELL THIS WINTER.

**There are a few simple things we all can do to help us stay warm and well this winter.**

### **Get a flu vaccination**

- The flu vaccination, available from your GP, is free for people aged over 65 and anyone younger than 18 years old. The vaccine is also free for pregnant women and anyone who has a long term illness.
- If you are not eligible for the free vaccine, you would still benefit from the flu vaccine; available at a small cost from your GP.

### **Heat to the right level**

- The best temperature for health is 18 to 21 degrees in the living room while you are at home and 16 degrees overnight in your bedroom.
- Be sure to heat the bedrooms of infants, elderly or the unwell as they are more vulnerable to cold. Take care not to overheat a baby's bedroom as babies can't regulate their temperature and can die in overheated rooms. Use heaters with thermostats or leave the door open to avoid overheating.
- Never use portable gas heaters for bedrooms.

### **Get warm inside and out**

- Dress yourself and your children in layers of warm clothing even when you are at home. Wool or polyester (polar fleece) clothes are best.
- Woollen blankets, a good duvet, and a hot water bottle will keep you warm in your bed.
- Eat warm nourishing food - warm soup is a great healthy way to warm up.

### **Keep an eye out for each other**

- Look out for elderly relatives and neighbours by regularly checking on them to ensure they are eating well, keeping warm and taking their medications properly.
- Encourage everyone to get the help they are entitled to.

### **Keep your mind, body and spirit warm**

- This winter we can't afford to neglect our own wellbeing - we need to be mindful of the many different feelings we are experiencing and make time to care for ourselves.
- It's important to remember that however you are feeling is all right, that you're not alone, and that there are small things you can do to boost your wellbeing.
- Sometimes it's the little things that make us feel better - things as simple as a moment stargazing, a trip to the park with the kids or the grandkids, a coffee and catch-up with mates, or a quick boogie round the kitchen.
- When asked how we're doing, it's all right to answer 'I'm really not all right at the moment'. Many Cantabrians are experiencing real pain through this time, but it's good to remember that we can, and already do, take care of ourselves and each other in very simple ways.
- It's definitely all right to ask for help, and free help and support is still available to all Cantabrians through the Canterbury Support Line 0800 777846 or check out [www.allright.org.nz](http://www.allright.org.nz).

