



Health Information Week 2025 20th - 24th January

DAY 1: WINTER HEALTH RESOURCES



Winter Illnesses

- **Age UK** - [Looking after your health and money 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](#)
 - **NHS** - [Seasonal vaccinations and winter health](#)
 - **Royal Voluntary Service** - [Winter Ailments](#)
 - **Royal Voluntary Service** - [Eating Well](#)
 - **The Met Office** - [How cold weather affects your health](#)
 - **Wellbeing Hub (Intranet page)** - [Winter wellness](#)
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Keep Warm this Winter

- **Age UK** - [Keeping warm and well 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** - [Preparing your home for winter](#)
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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: What therapy can help with](#)
- **MIND** - [Seasonal Affective Disorder \(SAD\): Self care](#)
- **MIND: Hammersmith, Fulham, Ealing and Hounslow** - [How to stay positive during winter](#)
- **MIND: Hammersmith, Fulham, Ealing and Hounslow** - [What is Seasonal Affective Disorder?](#)
- **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](#)



Keeping Active this Winter

- **AXA Health** - [Benefits & tips for exercising outdoors](#)
- **Breast Cancer UK** - [How to stay active during the colder months](#)
- **British Heart Foundation** - [3 tips to help you keep fit in winter](#)
- **British Heart Foundation** - [How to get active indoors](#)
- **NHS** - [Walking for health](#)
- **Nuffield Health** - [The right way to exercise in winter](#)



APPS

- **Calm** - App for sleep, meditation and relaxation. Available for [Android](#) devices and [Apple](#) devices
- **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. Available for [Android](#) devices and [Apple](#) devices
- **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. Available for [Android](#) devices and [Apple](#) devices
- **NHS Active 10** - Records every minute of walking you do, tracking your steps, helps you set goals and shows your achievements. Available for [Android](#) devices and [Apple](#) devices

- **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. Available for [Android](#) devices and [Apple](#) devices
 - **NHS Couch to 5K** - A running programme for beginners to help you get started with running. Available for [Android](#) devices and [Apple](#) devices
 - **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. Available for [Android](#) devices and [Apple](#) devices
 - **The Mindfulness App** - Enjoy a more restful sleep, stress less, and reduce your anxiety together with over 350 guided meditations. Available for [Android](#) devices and [Apple](#) devices
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- **Age UK** - [Staying well this winter \(video\)](#)
- **NHS** - [Advice on how to stay well this winter \(audio\)](#)
- **NHS** - [Mental wellbeing guides \(audio\)](#)
- **NHS** - [Stay well this winter \(large print, audio and British Sign Language\)](#)



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 - 16 Jan 2025