



My Winter Plan

An easy read workbook to help you plan ahead to



**Keep well,
keep moving**



**Keep happy,
Keep connected**



**Keep warm,
keep safe**



All about My Winter Plan



Last February Norfolk had lots of snow and bad weather.

For a week it was hard for people to get around.



**I'm sorry,
I cannot get
to you today**

Lots of places were closed.

Some people missed support because workers could not get to them.



Some people were stuck at home and did not have enough food or money to heat their home.

Lots of people felt very lonely.



At advocacy groups people told us they are worried about bad weather.

Some people said they would panic if it snows again.



We got some money to make a booklet to help people plan ahead.

People with learning disabilities came up with the ideas and made this book.

How it works

My Winter Plan helps you think about what could go wrong in bad weather.

Then there are tips about what to do.

You fill in your own ideas so if the weather is bad you can see how to cope without having a panic.



We will give out copies at groups and at **Winter Warmer** events. .

We will also put it on our Opening Doors website so anyone can download it to use for free.





Keep well

Some things that can go wrong when the weather is bad

You run out of medication



You miss health appointments



Supporters cannot get out to you



Ideas to make things better

Ask the pharmacy if your medication can be delivered



Ring before you leave to check if your health appointment is still on



Call family or friends





How I can help myself

Write or draw what **you** can do

Think about support



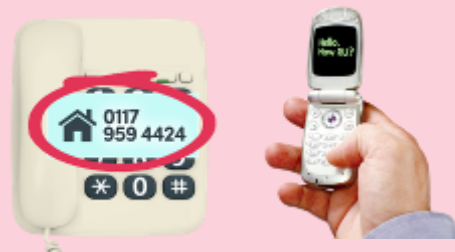
Work out who you can ask for help

Plan ahead



Get in medication to last a whole week

Get important numbers



Save numbers like your doctor, pharmacy and supporters.





Keep moving

Some things that can go wrong when the weather is bad

You get stiff and get more pain



You feel bad and uncomfortable



You feel lonely and miserable

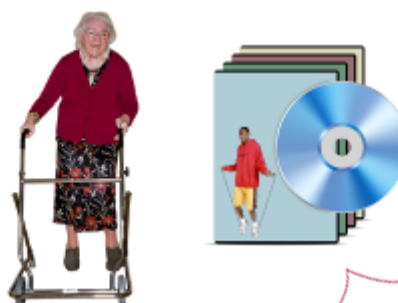


Ideas to make things better

Doing housework gets you moving



See if you can do an exercise DVD at home



Try going for a walk even if you just walk at home





How I can help myself

Write or draw things **you** can do

Do a jigsaw



Listen to music



Try arts and crafts



Look for exercises
on the computer





Keep happy

Some things that can go wrong when the weather is bad

You stop looking after yourself



You stop taking your medication



You are lonely and overthink things



Ideas to make things better

Open your curtains in the morning and try to get some fresh air



Try to do one nice thing at home each day



Set an alarm to remind you to take your medication





How I can help myself

Write or draw things **you** can do

Put up nice pictures



Try hobbies to take
your mind off things





Keep connected

Some things that can go wrong when the weather is bad

You miss your friends and feel lonely



You stop talking to people and feel cross



Ideas to make things better

Try to keep talking to friends maybe online



Get a friend to visit or arrange to phone each other to catch up together



You and a friend could watch the same film then talk about it on the phone



I liked it



How I can help myself

Write or draw things **you** can do

Set a time to
ring a friend and
have a teabreak
on the phone



Keep in touch with friends
even if you cannot meet up

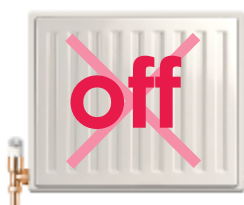




Keep warm

Some things that can go wrong when the weather is bad

You worry about having heating on at home because of the bills



You get really cold when you are out



Ideas to make

Check you are getting winter benefits



A hot water bottle or a hand warmer is good



Put your hat, scarf and gloves where you will not forget them when you go out





How I can help myself

Write or draw things **you** can do

Ask for help
from safe places



Opening Doors have some
hats and gloves to give out

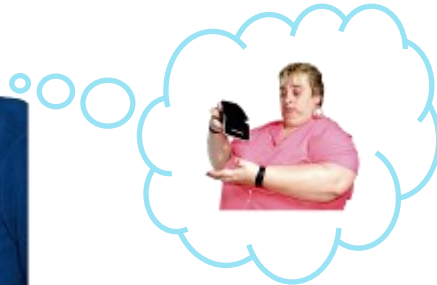




Keep safe

Some things that can go wrong when the weather is bad

You run out of food at home or you are worried about paying for food



You are scared of slipping over outside



Ideas to make things better

Work with supporters to plan your money



Think about having food delivered from a supermarket so you do not have to go out.





How I can help myself

Write or draw things **you** can do

Put some salt on
steps and paths



Plan ahead and buy some
cheap foods that fill you up



Places you can get help

If you feel
very upset



116

123



Norfolk County Council

social
services



0344

800

8020

If you are ill and
need support



111

To contact the police

If you are in danger



999

Non-emergency



101

To contact Opening Doors



01603

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www.openingdoors.org.uk

