

Sources of Help and Advice

Whether you're concerned about yourself or a loved one, there are a number of organisations offering expert advice and support over the Christmas period and throughout the year:

Relationships

Relate

Offers advice, relationship counselling, sex therapy, workshops, mediation, consultations and support face-to-face, by phone or through their website.

Tel Telephone Norfolk: 01603 625 333, Telephone Suffolk: 01473 254 118 or visit

www.relate.org.uk/norfolk-suffolk

Wellbeing

The Wellbeing Service

Works in partnership with a number of organisations to provide support for people throughout Norfolk & Waveney with common mental health and emotional issues. They are also currently offering Coronavirus self-help tips and links.

Telephone: 0300 123 1503 or visit www.wellbeingnands.co.uk

Loneliness and Depression

Samaritans

Provide confidential non-judgmental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair.

Telephone: 116 123 or visit www.samaritans.org/

Alcohol

Alcoholics Anonymous (AA)

A free service offering help and support to anyone trying to overcome their drink problems

Telephone: 0800 9177 650 or visit www.alcoholics-anonymous.org.uk/

Debt and Money Worries

National Debt Line

The helpline that provides free confidential and independent advice on how to deal with debt problems.

Telephone: 0808 808 4000 or visit www.nationaldebtline.org/

Bereavement

Cruse Bereavement Care

Is there to support you after the death of someone close.

Telephone: 0808 808 1677 or visit www.cruse.org.uk/

Useful and Emergency

In the case of:

- > Medical non-emergency -Telephone:111
- > Police non-emergency -Telephone:101
- > Emergency -Telephone: 999



*Remember – the festive season doesn't last forever.
At most it lasts for 2 weeks!*

Workplace Health & Wellbeing Festive Season Survival Guide



LOOK AFTER YOURSELF THIS CHRISTMAS.

This year has been particularly difficult for some of us and we now face a very different festive season because of the coronavirus. Better times will certainly come and until then self-care has never been more important.

Here are a few simple steps you could take to make life easier and calmer, whilst taking care of you:

Be Sociable

Spend quality time connecting with family and friends. Make plans to video chat with people you would normally see in person, perhaps eating your Christmas lunch or watching the television with them via video. Also stay in regular contact with phone calls, texts and instant messages.

Avoid Loneliness

Think about things you can do to connect with people. For example, putting extra pictures up of the people you care about might be a nice reminder of the people in your life. You could also listen to a chatty radio station or podcast if your home feels too quiet.

Drink Sensibly

Alcohol is a depressant and can make us feel irritable and low in mood, so try to moderate your consumption. Drink plenty of water and remember before you drive that you could still have high levels of alcohol in your system from drinking the night before.

Eat Well

We all have good reason to indulge this Christmas, but excessive eating can leave us feeling bloated and fatigued. Why not try to make some healthy food choices along the way and balance the foods you eat, thinking about how different foods do different jobs in the body; some providing energy for example while others can help you feel good.

Sleep

Healthy sleep plays a huge role in maintaining a healthy immune system, mind and body. Don't stimulate your mind late at night and then expect to sleep well. Instead, do things to relax and clear your mind and avoid social media.

Get Some Fresh Air

Despite the ups and downs of winter weather, a lengthy walk holds great health benefits. If you have over-indulged on food and drink during the Christmas holidays, get outside for an instant health and wellbeing kick.

Clean Up Your Social Media

Scrolling social media can negatively affect our mental health. Why not take some time to unfollow delete or mute accounts that make you feel anxious, upset or angry.

Take Care of You!

Although times are difficult right now better times will come. Until then, take good care of you, so you are mentally and physically fit to face the future.

Don't get the stuffing knocked out of you this Christmas with our food safety tips:

Avoid Cross Contamination

Keep all raw food, whether it's turkey or vegetables, separate from ready-to-eat foods. Make sure to store raw meat on the bottom shelf of your fridge. Use separate chopping boards for raw food and ready-to-eat food. Raw foods can contain harmful bacteria that are spread easily to anything they touch.

Defrosting The Turkey

Defrost the turkey on a large dish and cover, preferably in the fridge. Remove the giblets and the neck to speed up thawing. Alternatively, defrost the turkey in a cool, clean place where the temperature is fairly constant. Keep in mind that the temperature of where the turkey is kept will affect thawing times. Check the packaging for thawing times. It can take up to 48 hours to defrost a large turkey!

Wash Your Hands

Wash and dry your hands thoroughly before and after handling food, especially when handling and preparing raw meat and poultry. Also, remember to wash and dry your hands after going to the toilet, touching the bin or pets. Bugs are spread between food, surfaces and utensils most effectively on wet or damp hands.

Set The Fridge To 5°C

Make sure the fridge temperature is below 5°C. Don't pack food too tightly, as the cold air needs to circulate to cool food down. Store chilled food in the fridge until you need it.

Don't Wash The Turkey

Washing a turkey increases the risk of food poisoning by splashing germs around the kitchen. Thorough cooking will kill any bacteria that might be present.

Cooking A Turkey

When juices flow through piercing the turkey, or when you press the thigh, they should be clear. If the juices are pink, your turkey is not cooked. If you're using a temperature probe or food thermometer, make sure to probe the thickest part of the bird (between the breast and thigh). Your thermometer should read a temperature of at least 70°C for two minutes.

Know Your Dates

Smelling food is not a reliable way of telling whether it is safe to eat. Dangerous bacteria doesn't always smell and harmful bugs can also develop in packaging. Food with a 'use-by' date goes off quickly and can be dangerous to eat after the displayed date. Food with a 'best before' date is longer-lasting. It may not be at its best after this date, but should be safe to eat for some time after.



Workplace Health & Wellbeing will be closed on Christmas Day, Boxing Day and New Years Day