

# Support and Advice during Winter - Kingston Council

Healthwatch Open Meeting  
12 December 2024



# Council Support & Advice

Beside the general [Cost of Living advice](#), specific Winter Advice and support is available on the Council website to stay healthy and well. Key schemes include:

- [Warm Home Better Health](#) provides a free service that assesses the heating and insulation needs of your home (for vulnerable people over 65).
- You could get £150 off your electricity bill for winter 2023 to 2024 under the [Warm Home Discount Scheme](#).
- If you are eligible, get your winter vaccinations. Flu or Covid-19 vaccinations are available at a number of sites across Kingston. This includes your GP surgery, community pharmacies and local community venues. You can book an appointment or walk in to a variety of selected clinics. See [Winter vaccinations and winter health - NHS](#)





# Ways people can keep themselves and others safe when it's cold

- Check on family, friends and neighbours who may be at higher risk of becoming unwell. If you are at higher risk, ask them to do the same for you
- Check the weather forecast and the news for weather updates
- Make sure you have sufficient food and medicine
- Take simple measures to reduce draughts at home
- Heat rooms you spend most time in to 18 °C if you can
- Keep bedroom windows closed at night
- Wear multiple layers of thinner clothing
- If you are eligible, get your winter vaccinations
- When you are indoors, try not to sit still for more than an hour or so. If you find it difficult to move about, stretching your arms and legs can also help keep you warm

See [Staying safe in cold weather - GOV.UK](https://www.gov.uk/guidance/staying-safe-in-cold-weather) - easy read

## About cold weather



This guide is about how to stay healthy if the weather gets cold.



Anyone can become unwell if they get too cold. Some people are more at risk than others.



You can get yourself and your home ready for winter.



When winter comes, you can do things to keep warm and stay well.

# Other things the Council does...

Plans are in place to ensure enough **adult social care** is available during winter months - from our social care teams, care homes, home care providers so that hospitals can discharge on time and people have good onward support.

We will work with our partners in the health, community space to ensure **messages and alerts** reach our residents about keeping safe during cold weather.

All Council teams have **business continuity plans** in place.

## Help with money



It is hard to heat your home properly if you don't have much money.



It means you are more likely to be unwell because of the cold.



You can get benefits, grants and advice to help you with heating bills: [Help for people on low incomes](#)



Here are some tips for saving money on your heating bills: [Help for households](#)

UK Health Security Agency **COLD WEATHER**

# Cold weather is forecast

Things we can all do to stay warm

- Heat rooms to 18 degrees if you can**
- Keep bedroom windows closed**
- Wear plenty of layers**

# Key Links - Advice

[RBK Winter Advice](#) on staying warm, keeping connected, staying safe and healthy.



*Stay in touch with RBK winter alerts on our social media ([Facebook](#), [X 'Twitter'](#)) and Your Kingston [e-newsletter](#).*

[Healthwatch advice](#) on how to stay well this winter.

Staywell advice to [Stay Warm, Stay Well](#) aimed at older people.

[Top tips for keeping warm and well this winter - GOV.UK](#) in partnership with Age UK.

# Key Links - Community Support

## [Connected Kingston Cost of Living Support](#)

[12 Days of Connected Kingston](#) - a [calendar](#) of low cost activities and events over the festive period

[Good Food Group](#) - Community lunches, including Christmas Day Lunch

[Winter FUEL Programme \(children and young people\)](#) - Achieving for Children

Stay in touch with alerts on RBK [Facebook](#), [X](#) and Your Kingston [e-newsletter](#)

Connected Kingston [Facebook](#) and [e-newsletter](#)



7 libraries across the borough will have access to **printed leaflets**, information and computers, and printing facilities to print information

# Kingston Autism & ADHD Partnership Board

One year review



# What is the Board

First meeting in Oct 2023; meets at least every 3 months.

Co-chaired by the Director of Adult Social Care and an Expert by Experience.

Key partners: Council, NHS, Achieving for Children, School , Police, Community organisations & our Partnership Boards

## Board goals:

- Speak on behalf of autistic people, people with ADHD and their families.
- Bring together Experts by Experience and those that work to support autistic people, people with ADHD and their families. Expert by Experience (EbE) means people who have autism or have ADHD themselves or they know/ support someone who does.
- Focus on what should be done to improve the lives of autistic people, people with ADHD and their families; and make sure it is done. This will be done through the new Autism and ADHD Strategy.





# Key achievements

- ★ Bringing people together to focus on priorities and outcomes for people with autism and ADHD in Kingston
- ★ Good co-production practice to ensure people with Autism and ADHD feel comfortable to be part and contribute
- ★ Setting up the Hidden Disabilities Sunflower scheme for RBK (and raising awareness of existing Sunflower members)
- ★ Promoting the Disabilities Facility Grant as a tool to support people with autism and ADHD
- ★ Raising awareness of events and workshops (e.g. Neurodiversity week - DAWN network)
- ★ Working to shape the new 'Neurodiversity' collection for Connected Kingston
- ★ Developing an Autism & ADHD Strategy for Kingston - incl wide engagement

# Co-production - good practice

## Accessible elements/ supporting our Experts by Experience members

- Ensuring people know it is a safe space and they can stim, move around, go to a breakout space.
- Choice about participating or not (stickers)
- Slide decks- font, images, colour contrast etc
- Spaces- sensory considerations (noise & light) / face to face and online
- Timing - of meetings and including breaks
- 1:1s, meet and greets
- Communication cards (next slide), easy read name labels
- Easy read Ways of Working (Terms of Reference)
- Encouraging continuous feedback and iterating how we run our meetings (e.g. rotating virtual and face to face)
- Preparation - pre meets, prep documents etc





# Making Engagement More Creative and Accessible

Autism and ADHD Partnership Board



*'One of the best meetings I have ever been to in terms of genuine engagement', Mind in Kingston*

*'I felt very comfortable with everyone and being able to share my view', Expert by Experience*



*'Your support massively helped me to feel comfortable enough to go outside of my comfort zone, so if I can assist in getting others involved by helping in a similar way then I would love to do that :)', Expert by Experience*

# Raising Awareness

Neurodiversity Celebration Week - events, comms, workshops

Promoting what's available -

[Connected Kingston Neurodiversity Collection](#) (new)

[Disabilities Facility Grant](#)

[The Larch](#)

[New Council website](#) about ADHD, Autism and Neurodiversity

18th - 24th March, 2024



## Neurodiversity Celebration Week

Celebrating different minds

24 free online events throughout the week!

Scan the QR code to sign up.



In Kingston:



### Women and Neurodiversity

Wednesday 20th March 2024 11 am - 12 pm (Online)  
Everyone welcome - email [helien.may@kingston.gov.uk](mailto:helien.may@kingston.gov.uk)

Kingston Council Staff Network event:  
Our panel of neurodivergent women will talk about their experiences and answer questions



### Kingston Libraries Reading List

A collection of free ebooks and audiobooks for children and young people to mark Neurodiversity Celebration Week.



### The Larch Club

Wednesday 20th March 2024 6 - 9 pm  
Email: [tsarr@kingstonccsp.org.uk](mailto:tsarr@kingstonccsp.org.uk)

A social club for adults with autism.  
Information evening about what's on in Kingston.



### Connected Kingston

Find a range of inclusive sports opportunities suitable for people living with disabilities.  
Coming soon! Neurodiversity-friendly collection of things to do in Kingston.



THE ROYAL BOROUGH OF  
KINGSTON UPON THAMES

# Autism and ADHD Strategy

Two engagement rounds - surveys, focus groups, Board input, Partnership Boards; total of 240 responses (majority from Experts by Experience).

General areas for development on better diagnosis pathway and support, training for staff, enhancing access in the community and to training & employment.

Four key themes:



## 1. Diagnosis and Support

Key partners: Health, Education, Social care, Voluntary Sector (VCSE) partners



Wellbeing

## 2. Healthcare and Wellbeing

Key partners: Health, Education, VCSE partners



## 3. Education and Training

Key partners: Health, Education, VCSE partners, Local business networks



## 4. Adult Support and Employment

Key partners: Adult Social Care, Education, VCSE partners, Local business networks

## Next year

- ❑ Improve our understanding / get data about awareness (e.g. pulse survey)
- ❑ Enhance our website with more information and visuals
- ❑ Deliver our strategy action plan
- ❑ Continue to raise the profile of autism & ADHD in Kingston



More information here

<https://www.kingston.gov.uk/adult-social-care/autism-adhd-neurodivergent-conditions>