



# Resource Library

## Winter Wise Wellness



01332 228777



[carers@citizensadvicemidmercia.org.uk](mailto:carers@citizensadvicemidmercia.org.uk)



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Derby and Derbyshire  
Integrated Care Board



Mid Mercia



Derby City Council

Supporting carers and their families throughout Derby City

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# Basics for helping the cost of living

## LEISURE

- Cancel those unused direct debits.
- Share film subscriptions with your household.
- Get movies for Free – Utilise free subscriptions but make a note of when they are due to renew and cancel them off otherwise you will be charged!
- Stop buying books and become a borrower.
- Cycle instead of drive.

## TRANSPORT

- Ease off the accelerator and watch your driving speed.
- Find the right petrol pump for cheaper fuel.
- Use [www.parkonmydrive.com](http://www.parkonmydrive.com). and avoid expensive car parking charges.
- Rent out your driveway or charging point.
- Never too old to buy a rail card and don't forget bus passes for cheaper travel!

# Basics for helping the cost of living

## BE CLEVER

- Sell old or unused items – Ebay, Facebook Marketplace.... Car boot sales.
- Store someone else's junk for them ([www.storenextdoor.com](http://www.storenextdoor.com))
- Sell an old mobile – even if it is broken.
- Switch to filter coffee in a flask and make a pack lunch to take out
- Batch cook and freeze.

## SAVE ENERGY

- Fill a hot water bottle at bedtime.
- When the heating goes back on – turn down your thermostat a little.
- Block chimneys to banish drafts - you can buy draft excluders or chimney balloons...
- Change your lightbulbs to LED - they use up to 90% less electricity.
- Bleed your radiators and keep them clear to keep them efficient.

# Hand Hygiene

## WHEN SHOULD I **CLEAN** MY HANDS?

Hands may look clean but invisible germs are always present, some are harmful which can cause stomach upset, cold, flu or a more serious illness. The most common way germs are spread is by hands. Removal of germs is important to help prevent you, your family and others from becoming ill. The best way to remove germs from your hands is to use the 6 steps overleaf and take off all wrist and hand jewellery (if you wear a wedding ring it is important that you wash underneath it).

## WHEN SHOULD I **WASH** MY HANDS?

- Whenever hands are dirty.
- Before and after preparing food
- Before eating and drinking.
- After you cough, sneeze or blow your nose.
- After handling pets or their waste.
- After using the toilet, changing incontinence pads or babies nappies.
- Before and after carrying out tasks, such as emptying a commode, urinary catheter bag or dressing a wound.



# Hand Hygiene

## WHAT SOAP SHOULD I USE?

- Liquid soap is preferable as bar soap can harbour bacteria.
- Antibacterial soap is not necessary for routine handwashing.
- Best practice is to use liquid soap in a disposable pump dispenser rather than refilling soap dispensers.

## GOOD HANDWASHING CAN PREVENT THE SPREAD OF INFECTION

It is important to pay particular attention to the following areas which have been shown to be those most commonly missed following handwashing.

*Ref: NICE, Infection Control,  
Prevention of healthcare  
associated infection in primary  
and community care  
2003*



# Hand Hygiene

## ALCOHOL HANDRUB

- Is a practical and acceptable alternative to handwashing with soap and water. The solution should be applied to all areas of the hands using the 6 steps overleaf until the solution dries (approximately 15 seconds).
- It is not effective if hands are visibly dirty, nor against some infections that cause diarrhoea, e.g., Norovirus, Clostridioides difficile. In these instances it should not be used and hands should always be washed.
- If you are visiting a GP surgery, hospital or care home, you may be asked to use an alcohol handrub on entering and leaving.

## HAND CARE

- Dry hands well, this helps to remove more germs.
- Use hand cream to protect hands from becoming dried and cracked.
- Cover cuts and grazes with a waterproof dressing.
- Keep nails short, to help reduce the number of germs underneath the nails.

# Healthy fridge shopping list

## VEGGIES & FRUIT

*Organic when possible.*

- ☐ Kale and Spinach
- ☐ Spring Mix
- ☐ Romaine Leaves
- ☐ Cabbage
- ☐ Broccoli
- ☐ Bok Choy
- ☐ Peppers
- ☐ Asparagus
- ☐ Beets

- ☐ Cauliflower
- ☐ Yellow and Red Onion
- ☐ Scallions
- ☐ Celery
- ☐ Carrots
- ☐ Cucumber
- ☐ Zucchini
- ☐ Grape Tomatoes
- ☐ Mushrooms
- ☐ Garlic and Shallots
- ☐ Ginger

- ☐ Fresh Herbs
- ☐ Berries: Blueberries, Strawberries, Raspberries, Blackberries
- ☐ Grapes
- ☐ Lemons and Limes
- ☐ Frozen Mixed Vegetables
- ☐ Frozen Fruit

## LEAN PROTEIN & HEALTHY FATS

*Organic, local, wild-caught when possible.*

- ☐ Lean Chicken Breast
- ☐ Lean Turkey
- ☐ Lean Grass Fed Steak
- ☐ Wild Alaska Salmon
- ☐ Shrimp
- ☐ Tofu and Tempeh

- ☐ Eggs + Egg Whites (Free range)
- ☐ Greek Yogurt
- ☐ Avocado
- ☐ Flaxseed and Chia Seeds
- ☐ Almond Butter
- ☐ Feta Cheese
- ☐ Goat Cheese
- ☐ Hummus

## CONDIMENTS & DRINKS

- ☐ Plain Yogurt
- ☐ Hummus
- ☐ Tamari

- ☐ Sriracha or chile paste
- ☐ Ketchup
- ☐ Dijon Mustard
- ☐ Vegetable Broth
- ☐ No Sugar Added Salsa

- ☐ Maple Syrup
- ☐ Almond milk
- ☐ Sparkling Water
- ☐ Unsweetened Tea and Coffee
- ☐ Organic Vegetable and Fruit Juices



# Hearty lamb and barley soup recipe

BBC GOOD FOOD

## Ingredients:

*Prep: 10 mins*

*Cook: 25 mins*

*Serves: 4*

- 1 tsp olive oil
- 200g lamb neck fillet, trimmed of fat and cut into small pieces
- ½ large onion, finely chopped
- 50g pearl barley
- 600g mixed root vegetable (we used potato, parsnip and swede, cubed)
- 2 tsp Worcestershire sauce
- 1 ¾ 1 litre lamb or beef stock
- 1 thyme sprig
- 100g green bean (frozen are fine), finely



## Method

**Step 1** Heat the oil in a large saucepan. Season the lamb, then fry for a few mins until browned. Add the onion and barley, then gently fry for 1 min. Add the veg, cook for 2 more mins, then add the Worcestershire sauce, stock and thyme. Cover, then simmer for 20 mins.

**Step 2** When everything is cooked, spoon about a quarter of the soup into a separate pan. Purée with a stick blender (or put into a normal blender and whizz), then stir it back into the rest of the soup. Add the green beans, simmer for 3 mins, then ladle the soup into bowls and serve with granary bread.

# Sausages with creamy lentils

BBC GOOD FOOD

## Ingredients:

- 8 good quality pork sausages
- 1 onion
- 2 carrots
- 1 celery stick
- 2 tbsp sunflower oil
- 2 streaky bacon rashers, chopped
- 2 fresh thyme sprigs or a pinch if dried
- 200ml hot vegetable stock (a cube is fine)
- 410g can green lentil
- 4 tbsp crème fraîche or double cream

*Total time: 40 mins*  
*(Ready in 30-40 mins)*  
*Serves: 4*



## Method

**Step 1** Preheat the grill. Grill the sausages for 15-20 minutes, turning occasionally, until they are evenly browned and cooked through.

**Step 2** Meanwhile, chop the onion, carrots and celery into small pieces. (A food processor can make short work of this.) Heat the sunflower oil in a medium pan. Fry the bacon for 2 minutes, then stir in the chopped vegetables and thyme. Cook over a medium heat for 8 minutes, stirring occasionally, until the vegetables have softened and are beginning to brown.

**Step 3** Pour in the stock and simmer for 8 minutes until the carrots are tender. Drain the lentils, then stir into the vegetables. Heat through for a couple of minutes, then season and stir in the crème fraîche or cream. Serve with the grilled sausages

# Vegan lentil & sweet potato cottage pie

BBC GOOD FOOD

## Ingredients:

*Prep: 15 mins*

*Cook: 1hr*

*Serves: 6*

- 2 onions, finely chopped
- 2 carrots, finely chopped
- 2 celery sticks, finely chopped
- 2 tbsp olive oil
- 4 garlic cloves, crushed
- 200ml red wine (check the label to ensure it's vegan if needed)
- ½ bunch of thyme, leaves picked
- 2 tbsp tomato purée
- 2 tbsp soy sauce
- 2 tsp caster sugar
- 2 tsp red wine vinegar
- 2 x 400g cans cooked green lentils, drained
- 400g can chopped tomatoes

## For the mash topping:

- 1kg sweet potatoes, peeled and roughly chopped into 3cm pieces
- 30g vegan margarine
- 2 tsp mustard powder
- 2 tbsp plant-based milk (we used oat milk)
- 2 tsp pumpkin seeds



# Vegan lentil & sweet potato cottage pie

## Method:

**Step 1** Tip the onions, carrots, celery and olive oil into a large saucepan. Cook over a medium heat for 8-10 mins until softened, add the garlic and fry for another minute. Pour in the wine to deglaze the pan (scraping up any bits stuck on the bottom), and simmer for 2 mins until most of the wine has evaporated.

**Step 2** Add the thyme, tomato purée, soy sauce, caster sugar and vinegar to the pan and stir to combine. Tip in the lentils, tomatoes and 100ml water and simmer for 10-12 mins until reduced and thick enough to coat the back of a spoon.

**Step 3** Meanwhile, make the mash topping. Bring a large pan of water to the boil, add the sweet potatoes and simmer for 10-15 mins until cooked all the way through. Drain, then add the dairy-free margarine, mustard powder and milk, and mash until smooth along with plenty of salt and pepper.

**Step 4** Heat the oven to 200C/180C fan/gas 6. Season the filling and pour it into a 25cm x 20cm x 7cm casserole dish. Top with the mash, starting with spoonfuls on the outside corners and working your way inwards so the filling doesn't spill out. Sprinkle the pumpkin seeds on top and bake for 30-35 mins until golden and bubbling. Once baked and left to cool, the pie will keep frozen for up to three months. Defrost thoroughly overnight, then reheat in the oven until piping hot