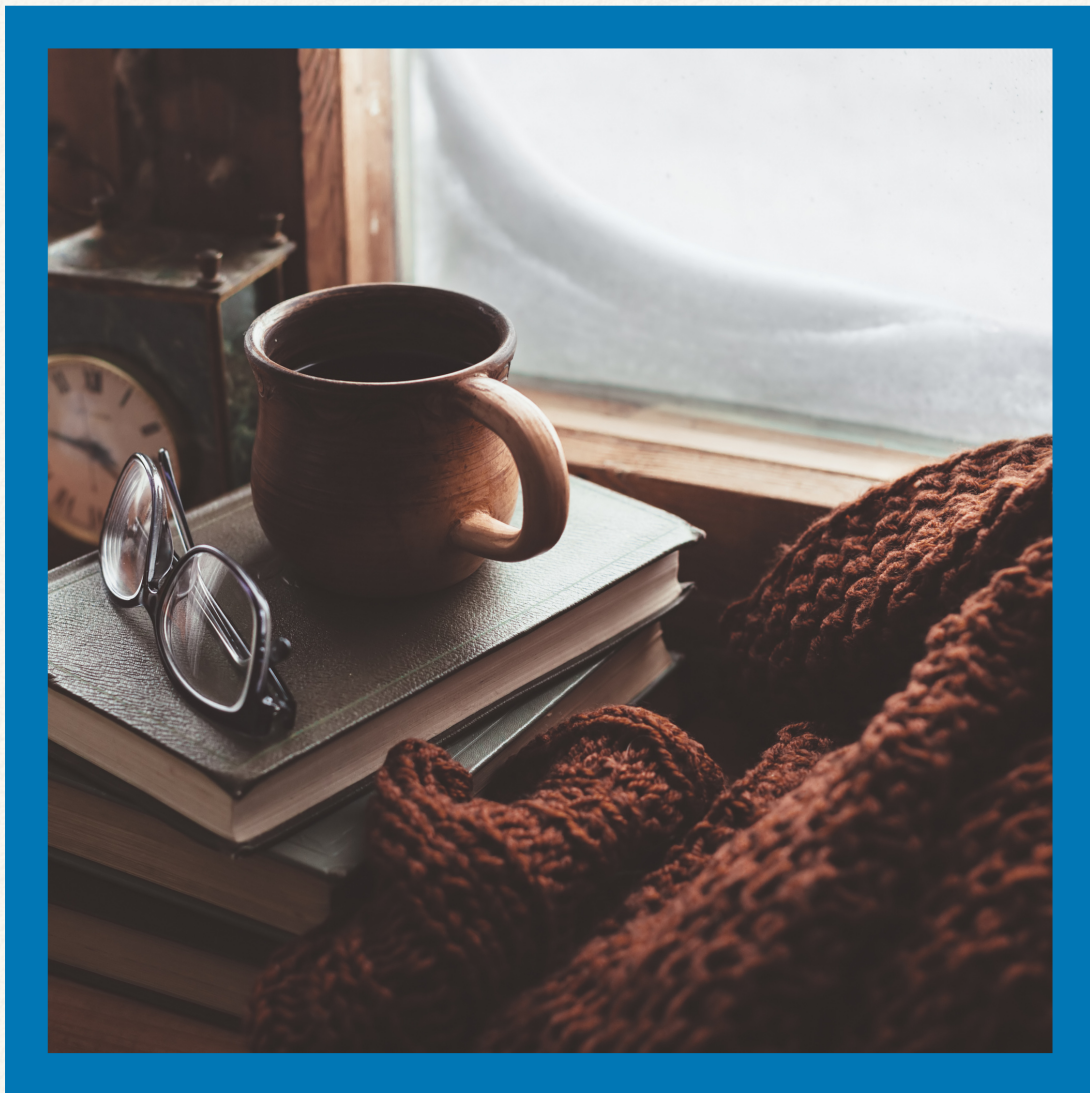


# OUTSIDE THE BOX WINTER SUPPORT RESOURCE

BERWICKSHIRE 2022/23



A helpful resource for the coming  
winter months



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# WINTER SUPPORT

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We know that winter and the holiday period can be a really difficult time for lots of people, for a variety of reasons, and this year is no different.

We have put together this booklet for people who may struggle over the next few months.

Thank you to all the people who shared their advice and suggestions. We also want to thank all the people who contributed to these ideas at one point or another.

For any further enquiries about this resource please contact Freya Young, Community Worker, [freya@otbds.org](mailto:freya@otbds.org)





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# RESOURCES

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## What can we do for ourselves?

- Mental health support
- Wellbeing activities
- Winter shopping and cooking tips
- Keeping warm



## What's going on in the community?

- Money advice
- Reaching out
- Myth busting and energy
- Warm spaces
- Larders and food banks



## Outside the Box

Further information about helpful resources and the projects we deliver





# MENTAL HEALTH SUPPORT

## Who you can call

If you are feeling lonely or struggling for whatever reason, don't struggle alone, there are people out there who can help.

Whatever you're going through, you can call Samaritans any time day or night, 365 days a year. Call them free on 116 123

The Silver Line is there to provide free confidential information, advice or friendship to older people 24 hours a day and 7 days a week on 0800 470 80 90

Breathing Space is a free and confidential phonenumber service for anyone in Scotland who is experiencing low mood or depression. Call them on 0800 83 85 87

If you are are a child or young adult and feeling lonely, you can call SupportLine on 01708 765 200

The Calm Zone is a helpline offering support to men, of any age, who are down or in crisis, 0800 585858.

What can we do for ourselves?



# THINGS TO DO ON YOUR OWN

## Nice things to do on your own

It is a good idea to plan things that you enjoy doing on your own. We know that some people prefer to be on their own at this time of year. Having a bit of quiet time is also good for everyone.

## Tips and hints

- Watch a favourite film that makes you feel good and you can cry or laugh along with it
- Play your favourite music
- Get some nice smelly pampering stuff then have a long soak in the bath
- Go for a walk to your favourite place or go somewhere you want to see but haven't been before
- Some people find meditation is good - a nice thing to do and good for keeping well. There are lots of free apps for this or you could go to a local meditation group
- Have your favourite food
- Talk to a friend – phone, email, Skype or whatever – if you both want to do that. You can be with people even though you are not in the same room



# TIPS FOR WINTER FOOD SHOPPING

Shopping for food is a key aspect of the cookery process and involves both planning and budgeting skills. It is important to plan ahead, consider the quantities and costs of foods as well as the nutritional balance of meals.

Here are some tips to help make the shopping process easier:

- Be prepared with a list of meals you plan to make for the week ahead
- Plan a list before leaving the house and stick to it. It can be helpful to write your shopping list in the order of the aisles in your local supermarket, this will make it easier to follow and save you time when shopping
- Keeping a pad and pen in the kitchen and add to list when store cupboard essentials are used up, this can save time when writing your list and prevent you from forgetting those key ingredients
- When shopping, check use by dates of foods to ensure they will still be safe to eat when you plan to use them. Fresh foods which can be frozen at home are also useful but remember to follow food storage and defrosting guidelines
- Have a quick rummage through the fridge, freezer and store cupboard once a week; it'll end those evening runs to the local late night shop for essentials



# TIPS FOR WINTER FOOD SHOPPING

Make a list of what you need. Also take a list of what you have already got. Look out for food that comes in which will be useful for you, even if it is described some other way.

For example, at this time of the year the shops have lots of party food and nibbles that are perfect for someone with a small appetite.

Some shops have a bigger range of spicy and other stronger tasting food at this time of year.

Watch out for pickles and chutneys that will last for many months. These can be useful when someone's tastes are changing, or they want something to liven up other food.

Build up a stock of food, so you can get by on days (or weeks) when you don't get out to the shops.

This is our starter list of useful things to stock up with:

- Tins of soup
- Tins of creamed rice and custard
- Tinned or frozen fruit
- Frozen vegetables
- Long-life milk
- Frozen or long-life half-baked rolls and baguettes, so you can always have fresh bread to go with soup or a stew.



What can we do for ourselves?



# TIPS FOR WINTER FOOD SHOPPING

## Food shopping

- Stock up on bulk buys if possible, staples/versatile ingredients – pasta, tinned tomatoes
- Never go to the shop hungry, if you shop whilst being hungry you will be more likely to pick up items that are high in fat, sugar or salt
- Get shopping delivered (if you can access online) if tricky to go yourself – get family to contribute to the menu plan (and shopping/cooking)
- For older people: shop at quiet times – sometimes supermarkets have a dedicated ‘quiet hour’
- Combine walk in countryside with trip to local farm shop – fresh and local produce
- If you have freezer space, consider buying a ‘family pack’ from the local butcher
- Buy dry ingredients in bulk, eg rice, lentils, porridge – if you have somewhere to store them
- OR get together with a group of friends and buy multipacks from a wholesaler to share out among you

# TIPS FOR USING LEFTOVERS

## Food leftovers

Reheat in microwave or fry up for a quick and tasty lunch.

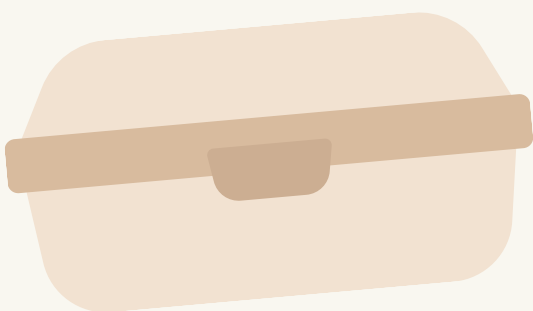
Make leftover meat or veg into a 'salad pot' for lunch – ideal to take away too. Add pasta, rice or quinoa, and a drizzle of dressing.

Stale bread – whizz into breadcrumbs if you have a machine, then freeze. Use as crispy topping on pasta, roast veg or anything else. Add herbs and grated cheese.

Freezer night or fridge night – using up odd bits and pieces – add a big pot of pasta or potatoes.

Don't need expensive containers – wash and reuse margarine tubs, ice cream tubs, yoghurt pots etc. Label clearly with date and contents.

If storing opened container in fridge – write on date opened.





# TIPS FOR LOW COST COOKING

## Low cost cooking

Throw in a handful of porridge oats to add extra roughage and texture.

Use soda bread to make (savoury) scones – add grated cheese or dried herbs.

Packs of frozen white fish – great for fish pie or soup, or add breadcrumbs and fry.

Make ‘pesto’ with any herb pack, greens such as spinach, dash of oil or lemon juice.

If you are using the oven, consider cooking two things at once, or making double and freeze one.

Batch cook – and freeze some for later.

Freeze extra chopped veg or herbs in ice cube trays – to add to soups, pasta etc.

Freeze stewed apples in ice cube trays – and melt one on your porridge.

If your milk is going to go off before you can use it all, pour some in an ice cube tray and then use when needed.

# TIPS FOR KEEPING WARM THIS WINTER AND SAVING ENERGY

Heating on low – not on high all the time but don't let house get too cold.

Homemade draught excluders at doors.

Draught-proofing strips round doors – even cheap self-adhesive foam ones.

Thick curtains, ideally with insulated lining – try a door curtain, too.

Ensure radiators aren't blocked by furniture.

See about getting keyhole covers and letterbox cover.

If you have an unused fireplace – install a chimney balloon.

Blanket over knees when at computer.

Warm feet (slippers/socks), scarf, woolly jumpers – layer up as layers trap warm air close to the body.



What can we do for ourselves?



# TIPS FOR KEEPING WARM THIS WINTER AND SAVING ENERGY

Keep active – even in the house, get up, walk around, go up and down the stairs or do a quick household task (this can also help make ‘doing the housework’ more manageable – dividing it into short individual tasks rather than a day’s marathon!).

Garden jobs – if you feel energetic, get out and sweep or rake some leaves – even for 5 minutes – it will warm you up.

Extra quilt or blanket at night.

Hot water bottle.

Hot drinks or soup.

Eat regular meals and enough carbohydrates (pasta, rice, potatoes, bread).

Take turns at a friend or neighbour’s house – share coffee and cake or lunch, so only one lot of heating and cooker needs to be on.



What can we do for ourselves?

# TIPS FOR KEEPING WARM THIS WINTER - PHYSICAL AND MENTAL WELLBEING

- Get outside for a walk - local greenspace or out of town - try mindful walking, tuning in with different senses
- Getting kids outside - give them a focus, eg scavenger hunt, photo challenge
- Older people - take a hot flask or hand warmer, plan a short, level route if need be
- Take time to be - go out without your phone
- Think of one positive thing that happens to you each day - try writing it down
- Take breaks from computer
- See a friend, for a walk or coffee catch-up
- Connect with people - take time to chat to a neighbour, a regular fellow dogwalker in the park etc
- Don't worry about what you haven't managed to achieve - think of the things you have achieved in the day

What can we do for ourselves?

# TEMPORARY SECONDARY GLAZING

## Temporary Secondary Glazing

Single glazed windows only have one pane of glass and in colder months this means that the heat can escape through the glass very quickly.

If you purchase a sheet of Perspex you can 'create' your own double glazing.

- Buy a sheet of Perspex that fits on top of your existing single glazed window and attach using magnetic strips
- This will limit drafts and warm air escaping

This is not as good as double glazing but a quicker and cheaper solution that might help some folk.

### Cost on Amazon:

Perspex sheets: £9 - 30

Magnetic strips: £7





# TIPS FOR DRYING CLOTHES THIS WINTER

## Drying clothes

Drying clothes can be tricky during the colder months when the weather is often too wet for hanging outside.

A tumbler dryer can be expensive to run, as can heated drying rails.

Some of the tips we have heard:

- Start clothes off on airy space – ideally in well-ventilated room, to avoid mould/condensation
- Finish off in dryer if you have one OR fold/drape the clothes on a rack or chair when almost dry to ensure they dry properly
- One of the tips we have been hearing is to move your drying rack to your kitchen if you have a safe space. Leaving the oven door open after using it can be a useful way to use this built up heat to heat the room or dry some nearby clothes

# MONEY ADVICE

One of the big pressures for many people is managing money and not getting into debt. It can be difficult to balance having a nice time with making sure you're not spending more money than you should.

Hopefully you can use these next few pages to see what fun you can have this winter without spending a lot of money. But we understand that when money is already tight, even spending small amounts of money on extra things can mean spending money you don't have.

## Hints and tips from the community

*"Remember it's not your fault if you're having money difficulties or can't afford things. A lot of us are in that boat."*

*"Try not to feel ashamed about reaching out for support. It's helpful to find out what support is available from places like local councils, the DWP and energy providers, and share that info with other people who might need it."*

*"You can use an online calculator to check if you're entitled to more credits of benefits to maximise your income." ([www.entitledto.co.uk](http://www.entitledto.co.uk))*

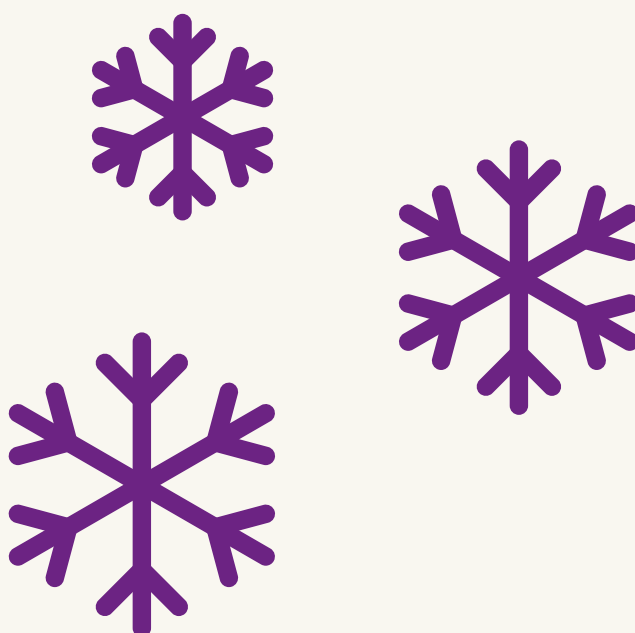
# MONEY ADVICE

## Hints and tips from the community

*“Try not to be tempted to buy too much food or drink. Just buy what you know you need. It saves money and is better for the environment.”*

*“Don’t pay by card. Write a shopping list and take out the money that you’ll need for everything on the list so you’ll need to stick to it.”*

*“Work out, in advance, how much money you need for different occasions or for Christmas and New Year all together. Add an extra £20 to this in case there is anything extra you might need.”*





# MONEY ADVICE

Citizens Advice Scotland can help with money advice and with negotiating with the people you owe money to. Go to [www.cas.org.uk](http://www.cas.org.uk) to get advice online. Or, you can call 0800 028 1456 for the Scottish Citizens Advice Helpline to speak with an adviser at your local Citizens Advice Bureau.

## Saving and borrowing

- If you need to borrow money, talk to a credit union about whether they will give you a loan – the interest will be a lot less than other sources of credit
- Try to start planning ahead for next year. Look at ways to save money during the year. The credit union can help here too

Visit the Association of British Credit Unions website [www.abcul.coop/home](http://www.abcul.coop/home) to find out more. Address: Holyoake House, Hanover Street, Manchester, M60 0AS. Contact: 0161 832 3694, [info@abcul.org](mailto:info@abcul.org).

# WAYS TO CUT THE COST OF PRESENTS

## Buying presents

- Agree or set a budget – such as £5, which everyone can stick to just try to be as imaginative as possible
- Have a look on websites like Gumtree, eBay or Freecycle for cheap or free things
- Instead of getting a present for everyone, try a Secret Santa and each person buys something for just one person
- Gift boxes can be bought really cheaply online – look around. You could buy things like big packs of sweets or a pack of toys from a supermarket or pound shop and share them out into nice boxes for any children you want to buy presents for
- Make a list of all the things you really want – including the really practical things that you might usually feel too embarrassed to ask for, like socks. Give your family and friends your list and ask them for one thing off your list



# WAYS TO CUT THE COST OF PRESENTS

## Buying presents

- Have a present swap with friends or family a few weeks before Christmas. Everyone can bring along things that they have but don't want or need anymore – like clothes
- You can then swap these and not worry about seeming rude as you appreciated the gift at the time but now someone else will enjoy it.  
You can keep the things you get or give them as presents to other people
- Look for presents in charity shops
- Go shopping with a friend if there are offers like 2 for 1 on toys or clothes so you can split the cost
- If you are good at cooking or baking, homemade food is a good present. You can also use up leftover smaller pieces of wrapping paper and ribbons to make these look nice
- Have presents that just need you to give your time, like offering to iron for someone or help them with gardening



# TIPS FOR ENERGY MYTH BUSTING

## Energy myths

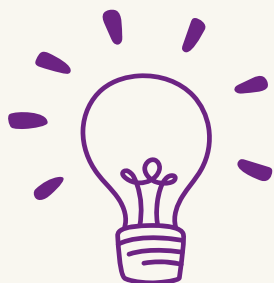
*“Most heat escapes through windows”* – Actually, most heat escapes through walls if you don't have good insulation. But closing curtains at night definitely helps keep the heat in.

*“Phone and laptop chargers don't use energy if not connected to a device”* – False – switch off at socket, and unplug as soon as device is charged.

*“Switching lights on and off uses more energy”* - False

*“LED bulbs are more expensive than standard ones”* – False, they can last for up to 20 years, so pound for pound they are cheaper

*“Turning up the thermostat will heat the room up quicker”* – it will still take the same amount of time, but you will end up using more energy if heating the room to a hotter temperature



# TIPS FOR ENERGY MYTH BUSTING

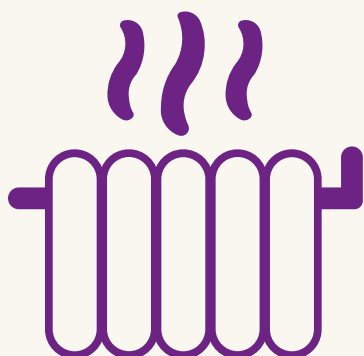
## Energy myths

*“Keeping the heating on low all the time will save energy”* - Probably not – if you have good insulation.

*“Central heating is the best option”* - Not always – no point in heating all rooms in the house if you’re not using them. Make sure central heating radiators have individual thermostats.

*“Washing dishes by hand saves hot water”* – No – if you have a dishwasher, it’s more economical to run this when full than to wash dishes by hand.

*“Leaving all internal doors open will make the house warmer”* – No it will disperse the heat – if you close a door it will keep the heat in a room. Just ensure you have some sort of ventilation for gas appliances, open fires.



# ENERGY SAVING TIPS

## Energy tips to save money

Switch off appliance rather than leaving it on standby can save around £65 per year.

Turn your lights off when you're not using them or when you leave a room. This will save you around £25 (£12 in NI) a year on your annual energy bills. Replacing all the lights in your home with LED bulbs could help you save even more.

Keeping your shower time to just 4 minutes could save a typical household £95 a year on their energy bills.

If you half-load your dishwasher, washing machine or dryer, it will use the same amount of detergent/water/electricity. Waiting until you have enough for a full load will ensure you get the most from the energy you're using.





# ENERGY SAVING TIPS

## Energy tips to save money

Washing your clothes at 30°C instead of 40°C is often just as effective, but uses less energy. On your dishwasher, look for the eco setting, which also uses a lower temperature.

Unless your home is very new, you will lose some heat through draughts around doors and windows, gaps around the floor, or through the chimney.

Professional draught proofing can be expensive but there are things you can do such as making sure you close your blinds and curtains in the evening.

Why not try making your own DIY draught excluder? Some tips can be found at [How to make a DIY draught excluder for your home | Local Heroes](#)



# WARM SPACES

## Warm spaces

This winter, many communities are organising warm spaces anyone can drop into, to save energy costs and stay connected.

Where: Public libraries, community centres, cafes or pubs. Try to find a space that most people can access, and talk to people about how to make it more accessible.

Covid-safety: Think about ventilation, wipe-clean furniture, and spacing out seating so there's some distance.

Things to do: These spaces can be even better if they can offer hot drinks, snacks, internet access, charging points, or activities like knitting groups or film screenings.

If you're thinking about starting a warm winter space in your area, this guide has lots of advice: 'A Warm Welcome. Setting up a warm space in your community' at [www.cilip.org.uk/page/warmspaces2022](http://www.cilip.org.uk/page/warmspaces2022)

It has information on heating costs, health and safety, accessibility and more.

# FOOD LARDERS

## Community food larders

Community larders, pantries, and fridges can help people share food, reducing waste and make sure everyone has enough. Some have staff or volunteers, and work like a free or low-cost local shop. Others are more like boxes in public spaces, that everyone can use to drop off or pick up food whenever they want to.

**Funding:** Some community larders apply for funding, and others are organised by community members without any funds.

**What to put in the larder:** They can include cupboard foods, homemade jam, fresh produce, or health and sanitary products. Find out what people in your community need.

**Cleaning:** Decide who's going to clean it, and how often. Local charities might be able to help volunteers get food safety training.

**Where:** The larder could be indoors or outdoors. You'll need permission to put it in some locations - ask the local council and charities for ideas, and think about how people can get there with public transport.

# FOOD LARDERS

## Local food larders

### **Chirnside Community Centre:**

Open Monday/Wednesday/Friday 10am to 12 noon, and Tuesday mornings 10am to 11am

### **Coldstream, Parish Church Hall:**

Open Tuesdays 9 – 11am and Thursdays 5pm – 7 pm

### **Duns, in the 'Wee Green Shed' outside the Volunteer Hall:**

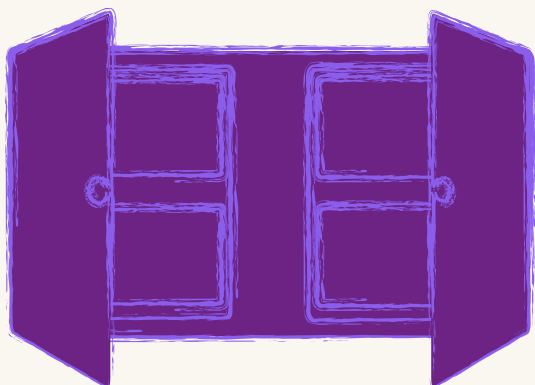
Open daily, currently 9am–6pm but will close at 4:30pm from 1st November 2022 – 28th February 2023

### **Eyemouth, Eyemouth Parish Church Hall:**

Open Monday, Wednesday, Friday, 9am – 11am; Tuesday, 3pm – 7pm

### **Reston Village Hall, Ladeside:**

Open Mon/Tues/Weds/Saturday 11.00 am – 1.00 pm



What's going on in the community?



# FOOD LARDERS

## Community Cafes

### **Chirnside Larder Soup Lunch:**

Runs on the third Wednesday of each month. The lunch is free but they have a donation box. Lunch is followed by a Games Afternoon

### **Duns, Volunteer Hall Lunch:**

Runs on Tuesdays and Thursdays, 10am - 12pm

### **Eyemouth Community Lunch:**

This runs in the Community Centre on Albert Road on Thursdays 10:30am - 1:20pm. It is funded by Eyemouth Gateway to Good Health, You can join them for a selection of foods made by their volunteers

### **LINKS Eyemouth:**

A family food and recipe sharing project for families in Eyemouth and beyond. They have a Facebook page but if this does not work for you please contact [ruth.n@otbds.org](mailto:ruth.n@otbds.org) in the first instance



# FOOD BANKS

## Community food banks

You can often get emergency food help from local food banks. Food banks are run by churches, charities and other community groups. You do not need to be religious or part of these community groups to access support.

To be able to help from a food bank you might need to be referred by an associated referrer or with a voucher that you can exchange for food.

Often if you live in a rural area or cannot get to a food bank, your nearest food bank might be able to deliver to you.

- **Duns Food Bank:** referrals via GPs and other health professionals, Romanes Pharmacy, Housing Associations (e.g. BHA, Link), Social Services, Church Ministers, Citizen's Advice Bureau, Schools, Nurseries
- **Eyemouth Food Bank:** their Facebook Page:  
<https://www.facebook.com/EyemouthFoodBank> (referral system)

# ENERGY AND MONEY HELP

Home Energy Scotland:

Help with fuel costs including energy saving advice and information about grants towards insulation etc.

Online <https://www.homeenergyscotland.org> or 0808 808 2282

Changeworks:

Scotland's leading environmental charity, delivering solutions to help save money and energy while saving the planet. <https://www.changeworks.org.uk/>

NHS Borders Money Worries App:

<https://www.nhsborders.scot.nhs.uk/money-worries-app/>

SBC Free School Meals and clothing grant:

[https://www.scotborders.gov.uk/free\\_school\\_meals\\_and\\_help\\_with\\_schoolwear](https://www.scotborders.gov.uk/free_school_meals_and_help_with_schoolwear)

SBC Crisis Support advice:

[https://www.scotborders.gov.uk/info/20000/benefits\\_and\\_grants/1240/cost\\_of\\_living\\_crisis\\_support](https://www.scotborders.gov.uk/info/20000/benefits_and_grants/1240/cost_of_living_crisis_support)



# MORE RESOURCES

Citizen's Advice Bureau Duns:

Southside, Station Road – drop-ins on Wednesdays

10am - 12pm, 01361 883 340

Citizen's Advice Bureau Eyemouth:

Eyemouth Community Centre, Albert Road – drop-ins

Mondays 10am - 4pm, 01890 750 500

Eyemouth Winter Walks:

Wellbeing walks organised by Health in Mind,

Mondays 1pm - 2pm from 1st December, book place here:

<https://www.tickettailor.com/events/healthinmindscottishborders/>

SBC Mental Wellbeing support (adults):

[https://www.scotborders.gov.uk/info/20055/adults and older people/370/mental health/6](https://www.scotborders.gov.uk/info/20055/adults_and_older_people/370/mental_health/6)

SBC Mental Wellbeing support (young people):

[https://www.scotborders.gov.uk/info/wellbeing\\_for young\\_people](https://www.scotborders.gov.uk/info/wellbeing_for_young_people) Phone 01750 23715

Togetherall: Anonymous online peer support,

<https://togetherall.com/en-gb/>



# LINKS Eyemouth



LINKS Eyemouth is a project for families in the Eyemouth area in the Borders. The focus is around healthy, lower budget eating and wider wellbeing as a means of promoting social connections.

It has managed to keep going during the Covid pandemic, with new and innovative ways of sharing ideas and connecting.

You can find out more about this project by visiting <https://otbds.org/projects/links-eyemouth/> or follow us on social media:



*Funded by Scottish Ministers in conjunction with Scottish Borders Council, as the Lead Partner for the Local Action Group.*

*Thanks to this funding, Outside the Box are coordinating low energy cooking, energy saving and reuse sessions in Eyemouth and beyond over the next few months. Please contact [ruth.n@otbds.org](mailto:ruth.n@otbds.org) for details of our programme.*