

# Stay well this winter

6 simple steps to help you stay well during these winter months



1 Keep rooms heated to at least 16°C or visit a local Warm Welcome hub, Community centre, faith hub or your local leisure centre during the day.

Put on lots of thin layers and be sure to wrap up warm if leaving the house. Make sure you have socks, hat, scarf, coat and shoes with good grip .



2 Keep active, whatever works for you. Continue your walks, attend a coffee and chat, a local reading group or try our virtual wellbeing sessions from the comfort of your own home, just keep moving.

3 Be sure to take care of your mental health, we have social indoor activities where you can meet others in your community, cafes serving free hot meals and our listen & connect service.



4 Take care of your physical health. Make sure all your medicine is up to date before the Christmas period, get a Flu Jab and update any vaccines you need.

5 Don't forget to call your loved one to see how they're doing, or connect with us if need to speak to someone or would like some help and support.

