

7 things we recommend you do to stay well this winter



1 Get your winter vaccines



2 Be active and keep yourself moving



3 Keep yourself and your home nice and warm



4 Think about your mental health as well as physical health



5 Ensure your shoes fit well and take care on icy pathways and doorsteps



6 Check your eligibility for financial help



7 Write down your GP and local pharmacy numbers here

.....

.....

To check what benefits you can access, contact Citizens Advice on 0800 144 8848