7 things we recommend you do to stay well this winter



Get your winter vaccines



Be active and keep yourself moving



3 Keep yourself and your home nice and warm



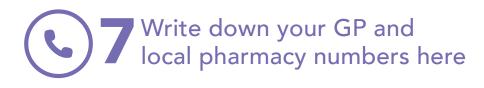
Think about your mental health as well as physical health



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



Check your eligibility for financial help



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

