

Keep an eye on your neighbour this winter



With the weather getting colder some older people may go out less. If you know of a neighbour who might be vulnerable in this weather why not drop them a note, or call, to let them know you are there to help if needed.

Icy pavements and limited transport can increase the risk of falling for some people so, if you can, collect shopping or offer a lift.

Keep warm this winter and keep in touch with your neighbours.



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