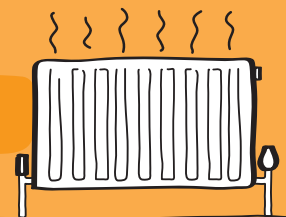
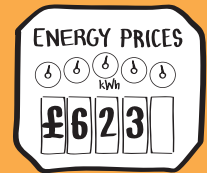


Ten top tips for staying warm and well this Winter

- 1 Keep warm and set your heating correctly
- 2 Have regular hot meals and hot drinks
- 3 Get financial help and advice
- 4 Insulate and draught proof your home
- 5 You could save money by switching tariffs
- 6 Check and service your heating systems and cooking appliances
- 7 Stay active and keep moving
- 8 Get your flu jab
- 9 Move towards work, volunteering and training
- 10 Look after yourself, check on friends, neighbours and wrap up warm



10/13 34791

For help this Winter call 0800 954 1956