

Keeping in touch and staying well over Christmas

Dear colleagues,

Christmas and New Year can be an exciting time, but it can also be a challenge for some people. Cold weather can mean decreased mobility, susceptibility to minor ailments, worries about staying warm (and the cost of doing so), and loneliness.

Underlying issues can become more apparent, and for some people, particularly acute.

On [People First](#) we have put together in one place [information about common issues](#) which can occur at this time of year. We hope this will help residents not just cope with, but also enjoy, the holiday period.



Staying warm

As the temperature drops, it's key that people stay warm. See our advice on [staying warm and help with fuel bills](#)



Staying well

Bugs and ailments can be a particular problem for vulnerable people. Tips and links on [staying well and dealing with minor ailments](#)

Staying in contact

Not everyone is aware of the [wealth of opportunities to join in and do things](#), not just at Christmas but throughout the year



Feeling down

As others have fun, Christmas can be a time when some people can feel particularly down. We have advice on ['beating the blues'](#)

The Christmas weekend

Local groups are organising [specific events over the bank holiday period](#), including Christmas Day itself. We're adding to this list as we find out about more things

