



# Spreading the News



## 11<sup>th</sup> November 2024

In Spreading the News this month ...



Now the Fireworks are over ...



It's time to ...  
Get Ready for Winter



In **Spreading the News** this month we're going to have a look at some of the things you can put in your Winter Plan



# Spreading the News



Here are some Plans ...



**1. Colds and Flu**

**Page 3**



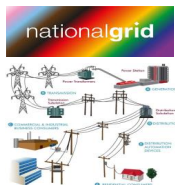
**2. Bad Weather**

**Page 4**



**3. Keeping Warm**

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**4. Power Cuts**

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**5. Mobile Phone**

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# Spreading the News

## 1. Colds and Flu



### Flu Jab



These two have had their  
Flu Jabs ...  
So they have less chance of  
catching Flu this Winter



Have you had your Flu jab?



Check with your doctor or  
chemist to find out how you  
can have a Flu jabs



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## 2. Bad Weather



In case the weather gets too bad to go out ...



It's a good idea to buy some emergency food supplies now



Easy to cook tins and packets of food, long life milk, are easy to store



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## 3. Keeping Warm



If it's cold wrap up well



If you go out ...

hat, scarf and gloves will help to keep you warm



In your home, a hot water bottle and a warm blanket are good ...



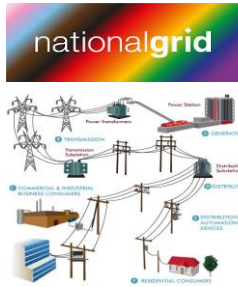
And can help you save on heating bills



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## 4. Power Cuts



In case of a power cut  
have you joined the ....  
Priority Services Register ?



The Priority Services Register  
provides extra help and  
support if there is a  
power cut

You can join at ...



click



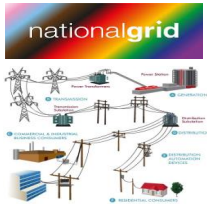
<https://www.nationalgrid.co.uk/customers-and-community/priority-services/priority-services-register-promise>



If you are not already a  
member ask someone you  
trust to help you join ...  
Priority Services Register



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Another very useful thing to have in case of a power cut...



- A torch and batteries



- In a handy, and easy to reach, place



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## 5. Mobile Phone



In an emergency your Mobile Phone is a good way to contact someone you trust ...



- Make sure your Mobile is always charged



- At night have your Mobile at the side of your bed



- But do not have it on charge while you are asleep





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Let's Keep Safe  
and Warm  
this Winter