



# Spreading the News



## 6<sup>th</sup> November 2023

In Spreading the News this month ...



With the help of their good friend, Maria, Joyce and Bennie have been making plans and getting ready for Winter



In **Spreading the News** this month we're going to have a look at some of the decisions Joyce and Bennie have made



... and see if their ideas are useful to you



# Spreading the News



Here are some of their plans ...



**1. Colds and Flu**

**Page 3**



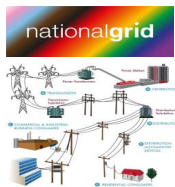
**2. Bad Weather**

**Page 4**



**3. Keeping Warm**

**Page 5**



**4. Power Cuts**

**Page 6**



**5. Mobile Phone**

**Page 8**



# Spreading the News

## 1. Colds and Flu



Both Joyce and Bennie have already had their Flu and Covid jabs



So they both have less chance of catching Flu and Covid this Winter



Have you had your jabs?



Check with your doctor or chemist to find out if you can have Flu and Covid jabs



# Spreading the News



## 2. Bad Weather



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



Joyce and Bennie have bought some emergency food supplies



Easy to cook tins and packets of food are easy to store



# Spreading the News



## 3. Keeping Warm



If it's cold Joyce, Bennie, and their friends, are going to 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 ...



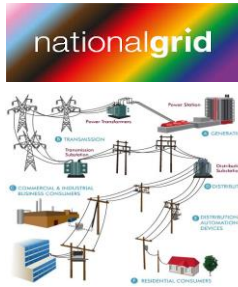
And can help you save on heating bills



# Spreading the News



## 4. Power Cuts



In case of a power cut  
Joyce and Bennie have  
joined the ....  
Priority Services Register



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



Maria helped Joyce and  
Bennie to join at ...

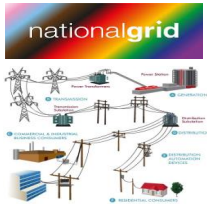
<https://www.nationalgrid.co.uk/customers-and-community/priority-services/priority-services-register-promise>



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



# Spreading the News



Another very useful thing  
Joyce and Bennie have in  
case of a power cut...



- A torch and batteries



- In a handy, and easy  
to reach, place





# Spreading the News



## 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





# Spreading the News



Keep Safe and Warm this Winter