



Spreading the News



6th October 2025

Double edition of
Spreading the News this month ...

1



Let's Stop Winter Flu

2



Get Ready for Winter



Spreading the News



1



Let's Stop Winter Flu



Flu ... some facts

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Book your Flu Jab

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I don't like needles

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Other things you can do ...

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NHS



Winter Flu ... some facts



Fact 1:

- You are most likely to catch Flu ...

December - January



- Just when you want to be celebrating ...

Christmas and New Year



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Fact 2:



- You are less likely to catch Flu ...



- If you have had a Flu Jab



Book your Flu Jab



- Your GP will be offering Flu Jab appointments from the beginning of October



- You can book your appointment **now**



- This includes ...
People with a Learning Disability

- Carers

- Autistic people who have heart or breathing problems





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I don't like needles



- Lots of people do not like needles ...

Your doctor will understand this



- You may be able to have a spray up your nose ...



- Talk to your doctor



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Other things you can do ...



Here are some other things you can do to help stop Winter Flu



- Use a tissue if you sneeze



- Put the tissue in the bin straight away



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- Wash your hands with soap and water ...
If you have been sneezing
If you have been out



- If you have a high temperature ...



- Or you are feeling unwell



- Try to stay in home and avoid contact with other people



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Let's stop Winter Flu
this year and ...

keep well



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2



Get Ready for Winter



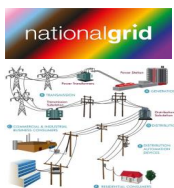
1. Bad Weather

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1. 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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2. Keeping Warm



If it's cold wrap up well



If you go out ...

hat, scarf and gloves will help to keep you warm



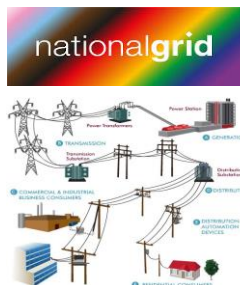
In your home, a hot water bottle and a warm blanket are good ...



And can help you save on heating bills



3. 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



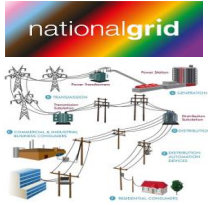
<https://www.nationalgrid.co.uk/customers-and-community/priority-services/priority-services-register-promise>



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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Stay safe in a power cut ...



- A battery powered lamp



- Is safer than candles



4. 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