

#BeaWinterfriend

Organisations and individuals can be Winter friends and people can be a winter friend to themselves through self care; remember to use the hashtag #BeaWinterFriend to highlight how you are being a winter friend.

Examples of an organisation Being Winter Friends and helping people they support through this winter:

An organisation can be a Winter Friend by helping someone to **Connect** to a service or activity

An organisation can be a Winter Friend by supporting someone to **Be Active**

An organisation can be a Winter Friend by helping someone to **Keep Learning** through a large array of courses

An organisation can be a Winter Friend by supporting people to **Give** their time

An organisation can be a Winter Friend by helping people to **Take Notice** of what is available in their community

Examples of individuals being Winter Friends and supporting friends through this winter:

A Friend that helps someone **Connect** to a service they need (could be an essential service-winter fuel payment for the elderly)

A friend who gets someone to **Be active** over the winter and beyond –a walk, digital online arm chair aerobics session.

A Friend who **Takes Notice** to look out for a vulnerable or elderly neighbour and checks in on them regularly.

A Friend who helps someone to **Keep Learning** by encouraging them to take an online course, potentially buddying up with them to do one.

A Friend who will **Give** up their time to clear snow from an elderly or disabled neighbours footpath, make a lonely neighbour their Christmas lunch

Examples of how people can self-care and be a Winter Friend to themselves through this winter.

Keep **connected** with friends and family and don't be afraid to ask for help if you need it

Keep **active** indoors and outdoors ensuring you avoid or take precautions to avoid situations where slips and falls may happen.

Take notice of the weather if you are going out and remember to wear plenty of layers of clothing.

Keep learning by taking up a new online course or rediscover forgotten hobbies or take up a new one-drawing, painting, quizzes

Give your time to other people –volunteer as a befriender or keep in contact regularly with your friends especially those that live alone.