

23rd January 2026

Inclusion North News

Inclusion North will share an important news story or tell you about their work every 2 weeks.

Get Ready for Winter



It can get very cold in winter.

We are more likely to get ill when it is cold.

We can catch colds and get flu.



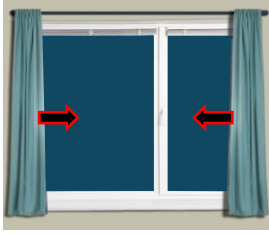
We can be prepared. Make sure you already have the things you need in your home.



Watch the news, weather and social media for weather forecasts and information.



Ask your Doctor if you can get a free flu vaccine. It is good to get these once every year if you are able to.



Keep your bedroom window closed at night.

Close your curtains to keep the heating in.



Wear lots of layers of thinner clothing to keep warm. Fingerless gloves can keep your hands warm indoors.



We can get bored at home in winter.

Lots of community centres offer somewhere warm to meet people and have a cup of tea. Type 'Warm Welcome Space' into an internet search to find one near you.



Well-being tip



Moving your body helps you get warm and makes you feel good.

If you are sitting still for a long time, remember to get up and move about or do some stretches.



You can make this fun by playing your favourite music and having a dance.