



Warm through the winter

Description



Cold weather can affect our health. Weâ??re all aware of that.

And of course, very cold weather can affect anyone. But weâ??re most vulnerable if weâ??re 65 or older, have a long-term health condition, or disabled.

So itâ??s important for us to find out how to keep ourselves well and our homes warm during winter.

[The NHS offers some basic tips](#) to look after yourself and others. *(Photo: Clive Price)*

Category

1. Friends & Family

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