

Vulnerable and older people can find it difficult to get out to the shops or to keep their house adequately heated during severe weather. The PHA is encouraging everyone to watch out for neighbours, friends and those who may be more vulnerable during severe weather and check that they are ok.

Who to contact if you need further help

If you are worried about a relative or an older neighbour, contact your local council. There is also help and support from the charity Age NI. Its website has information on how to stay warm in winter which contains useful contact numbers and advice:

www.ageuk.org.uk/northern-ireland

You can find a guide to keeping warm and well in winter [here](#).

Age NI teamed up with Lady Mary Peters to launch an exercise programme aimed specifically at keeping older people moving during the COVID-19 pandemic. Move with Mary is a series of [five exercise videos](#). You can also learn more [here](#).

Stay Well at Home's newsletter aims at providing hints and tips to help you develop your own 'Take 5' plan to stay well, active and connected during these challenging times. You can read it [here](#).

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