



LIVERPOOL CARES

# WINTER WELLBEING

**IF YOU'RE OVER 65 WE CAN HELP YOU STAY WARM, ACTIVE, HEALTHY AND CONNECTED DURING THE WINTER**

## KEEPING WARM

**We can deliver free blankets, hot water bottles or warm items to your door. We can also arrange small grants for people who are struggling to heat their home and facing difficult financial circumstances.**



## STAYING ACTIVE

**We organise lots of free social clubs and trips every month including visits to galleries and workplaces, dances, quiz clubs and technology workshops. We'd love it if you joined us. We can also let you know about other events going on in your area.**