



## LIVERPOOL CARES

### STAYING CONNECTED

We can match you up, **one-to-one**, with a volunteer who could visit once a week for a chat and a cup of tea through our **Love Your Neighbour** programme.



### TIPS FOR STAYING WARM THIS WINTER

- Wear a few layers of thin clothing rather than one thick one, and wear bed socks at night.
- Eat a hot meal at least once a day and drink hot drinks regularly.
- Visit your GP or local pharmacy for a free seasonal flu vaccination – and let us know if you'd like help booking an appointment.

### GET IN CONTACT WITH OUR TEAM TO FIND OUT MORE

Phone: 0151 659 1789

Email: [rachael.treacher@liverpoolcares.org.uk](mailto:rachael.treacher@liverpoolcares.org.uk)

Or visit: [www.liverpoolcares.org.uk](http://www.liverpoolcares.org.uk)

*Liverpool Cares is a local charity working across Liverpool neighbourhoods. We connect young professionals and their older neighbours so that Liverpudlians of all ages feel better connected in our rapidly changing city.*