

WINTER PREPAREDNESS

FOR VCSE ORGANISATIONS



As we progress towards the colder months, it is valuable to be prepared and understand the challenges the cold may bring.

The **Cold-Health Alert (CHA) action card** summarises the suggested actions that voluntary and community sector (VCS) organisations should consider to prepare for and respond to each CHA type

The Winter Preparedness resources provide communities with help and guidance from Organisations on the risks the coldness can bring. By keeping informed and taking proactive measures, we can reduce the impact winter may bring and ensure the safety and wellbeing of the communities.

There are some useful resources on guidance and advice which you can access by the following links:

[Met Office](#)



[Age UK](#)



[Beat The Cold](#)



[British Heart Foundation](#)



WINTER PREPAREDNESS



KEEPING YOURSELF SAFE THROUGH THE COLDER MONTHS



Keep warm by closing windows, make use of blankets and layers of clothing



Prepare your home as best as you can by sealing any draughts on windows and doors



Make sure you have plenty of food in your home and drink plenty of fluids



Check on others such as family, friends, neighbours, and vulnerable people to see if they are ok.



If you are eligible make sure you get Flu and Covid vaccinations up to date.



If you do need to go outside make sure you wear suitable clothing such as a coat, hat, scarf, and gloves if necessary.



Met Office



Age UK



Keep Warm, Keep Well



**British Heart
Foundation**

