

# COMMUNITY IDEAS FOR KEEPING WARM AND CONNECTED

You can help other people be active too. Ask if there's an activity they want to do more, like swimming, walking, or going out to free events. Going with a friend or group can help motivation and make it easier to get outside.

Community gardens can be a great space for being active and meeting people. You can also use it to share info about local energy and money support.

Not everyone has warm enough curtains, draught excluders, or blankets for the winter. Local sewing or knitting groups and charity shops could connect to provide these for free.

Hot tea or food is always welcome at events.

Like in the pandemic, local newsletters play an important role in winter. They can be simple to create if you get a few people together, and they help people stay connected and know what's available.

