

# Healthier Winter Clubs

Our Healthier Winter Clubs offer practical advice and tips to help keep yourself and your family healthy and well over the winter.

## Practical help for keeping warm

**Where: Queen's Road Baptist Church, CV1 3EG**

**When: Monday 19th January from 9.30am-12.00pm**

**Our advice will help you manage common winter issues**

- getting support for fuel costs
- emergency food support
- referral to family hubs
- when to seek GP and/or pharmacy advice
- referral for other issues such as housing, debt and addiction