

# Haringey Learning Disabilities Partnership

## Information for people with learning disabilities, staff and carers.

**This is important. Please read!**



Now it is very cold.  
When it is very cold it can  
make you unwell.

**Keep warm and keep healthy!**  
**This is how you do it.**



When you go out wear  
warm clothes. Put on a  
coat, hat, scarf and gloves.



Eat good food. Have hot  
meals and hot drinks.

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Keep moving.



Make sure your home  
is warm. Wear more clothes if  
you need to.



Tell someone if you feel unwell.  
This can be your support  
worker, carer or doctor. When  
there is no one around ring the  
health services on the NHS  
Direct number: 0845 4647.