



# Winter Wellbeing Helpful Links



**Stay Warm and Comfortable** - The Warm Spots initiative offers a welcoming space for people to escape the cold, easing the impact of the cost-of-living crisis and combating social isolation. View the full list of participating locations at [Warm Spots | Westmorland and Furness Council](#).

**Boost Your Immunity** - Stay healthy this winter by following the NHS 'Stay Well This Winter' guidance. [Download the guide here.](#)

**Embrace Winter Sunshine** - Stay positive this autumn and winter by exploring tips for maintaining your well-being at [this LinkedIn article](#).

**Keep Moving** - Stay active with a fun challenge. Set up a street tag challenge with friends, family, or colleagues this winter at [Street Tag](#).

**Prioritize your Mental Wellbeing** - The holiday season can affect mental health in various ways. Learn how to prioritize your well-being at [Mind's guide](#).

**Drink Sensibly** - Understand your alcohol consumption with the NHS's advice on safe drinking limits. [NHS Alcohol Limits](#). Find out about drink-driving laws and the alcohol limit at [Drinkaware's guide](#).

**Loneliness at Christmas** - If you're feeling lonely or struggling this winter, reach out to Samaritans for free, confidential support at **116 123**.

**Give Back This Christmas** - Make a difference this festive season by volunteering at the Salvation Army. [Get involved here.](#)

