

Stay Well This Winter – newsletter copy

Short copy – 110 words

Stay Well This Winter

Health partners, local councils and voluntary sector organisations across Bristol, North Somerset and South Gloucestershire have joined together to launch a campaign that supports local people to Stay Well This Winter.

The campaign is led by people who have benefitted from taking proactive steps to stay well, as well as people who have given up their own time to volunteer and make a difference in their local community.

The campaign provides guidance across 10 topics to help people this winter, including advice on staying warm, managing the cost of living, boosting immunity and making the most of community pharmacy.

[Read more on the Healthier Together website](#)

Long copy – 190 words

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Health partners, local councils and voluntary sector organisations across Bristol, North Somerset and South Gloucestershire have joined together to launch a campaign that supports local people to Stay Well This Winter.

The campaign is led by people who have benefitted from taking proactive steps to stay well, as well as people who have given up their own time to volunteer and make a difference in their local community.

It features Jill, a volunteer befriender in Southmead, Georgia a benefits advisor from Kingswood, Jodie a Bristol resident who uses the NHS app to stay on top of prescription orders and Jess a community pharmacist in Bedminster.

The [Stay Well This Winter campaign](#) provides guidance across 10 topics to help people this winter. They include:

- Boosting your immunity
- Staying warm and well
- Making your home winter safe
- Managing cost of living worries
- Protecting your mental health
- Talking to your pharmacist
- Staying active
- Picking up prescriptions
- Looking out for others
- Looking after yourself

You can view all the advice and guidance on the [Stay Well This Winter campaign webpage](#).