



## Staying well and in touch at Christmas

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Christmas and New Year can be an exciting time, but it can also be a challenge for some. Recent snow and cold weather can mean decreased mobility, susceptibility to minor ailments, worries about staying warm (and the cost of doing so), and loneliness.

If you're worried about how to cope this Christmas - either practical things like how to stay warm and stave off bugs - or emotional things like feeling lonely and a bit cut-off, then have a look at:

- [Staying warm, and getting help with fuel bills](#)
- [Staying well, and dealing with minor ailments](#)
- [Things to do and meeting people](#)
- [Beating the blues](#)
- [Christmas holiday events for everyone](#)

We've put together information about common issues which can occur at this time of year. We hope this will help residents not just cope with, but also enjoy, the holiday period.

There are [events available this Christmas and New Year period](#) with these as a taster of what's available:

- Come down to the [Abbey Centre](#) in Pimlico or [Porchester Hall](#) in Bayswater for Christmas Carol festivities on Tuesday 19th December
- Hammersmith & Fulham residents over 60, who are not having lunch with anyone on Christmas Day, are invited to [join us at the town hall on 25 December](#) to enjoy festive food and entertainment and make new friends.
- Come join Holy Trinity Brompton for [Christmas Day lunch at HTB Onslow Square](#). You will be served a varied lunch, included a vegetarian option. The lunch will finish with the Queen's speech.

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