

Don't leave your Neighbours in the Cold....



If you have an older person as a neighbour or a relative, please look out for them in the winter months.

If curtains aren't opened during the day, or there are no lights on in the evening, there may be something wrong.

Try phoning or knocking on the door to see if there's an answer.

If not, contact a relative or friend who you think may have a key. If you think there are serious grounds for concern, contact the emergency services.

For useful tips and advice on how to stay safe this winter log onto www.readyscotland.org