

WARM & WELL IN WINTER



Stay warm in your home

By setting your heating to the right temperature (18-21 c), you can keep your home warm and your bills as low as possible. Wear plenty of thin layers, rather than one thick one. Wear bed socks, thermal underwear and a nightcap or headscarf at night.



Reduce any money worries

There are grants, benefits and advice available to make your home more energy efficient, improve your heating and help to reduce your fuel bills. It's worth claiming all the benefits you are entitled to.



Eat well and drink regularly

Food is a vital source of energy, which helps to keep your body warm. Drinking hot drinks can help you stay warm and drinking water regularly helps your body stay healthy. Keep a flask of your favourite hot drink or soup near your bed to drink when you wake up.



Get a flu jab

You can get a flu jab from your GP and even some chemists to protect you against seasonal flu. These are free if you are over 65 or have a long-term health condition. If you have a cold or flu it is better to stay in bed and rest. And remember to drink plenty of fluids.



Look out for each other

If you don't see one of your friends or neighbours when you expect to, why don't you give them a call or pop round to check they are safe and well.



Look after your home

Most accidents happen at home, and we want you to stay safe. Make sure you have a smoke alarm and that the batteries are working. Always replace light bulbs that are no longer working. Always check who is at the door before letting them in. Have your heating and cooking appliances checked regularly.

Contact our S.A.I.L. team if you are:

- Worried about money
- Worried about affording the heating bills
- Worried about someone

020 7346 6800

Contact our HandyFix team if :

- You want a FREE home energy check
- You are worried about your home
- You need a free home security check

020 7346 6806



**The NHS
non-emergency
number**

Calling 999 is for emergencies only. NHS 111 is for people who need medical help and advice when not in a life-threatening situation. Highly trained advisors, who are supported by healthcare professionals, are available on NHS 111, 24 hours a day, 365 days a year.

When should you call 111?

- You need medical help fast, but it's not a 999 emergency
- You don't know who to call for medical help or you don't have a GP to call
- You think you need to go to A&E or another NHS urgent care service but are not sure which one is most appropriate
- You require health advice or reassurance about what to do next

For less urgent needs, please contact your GP or pharmacist.

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Winter Warm & Well
insulated mug**
just ask our S.A.I.L.
team



For more information call us on **020 7346 6800**, email us at info@ageuklambeth.org.uk or visit our website www.ageuklambeth.org.uk