



# We want you to keep warm and well this winter!

It's important that you stay warm and well this winter. This includes making sure your house is warm and well insulated with our free energy checks, you're receiving all the benefits you're entitled to and you've had your flu jab.

## USEFUL PHONE NUMBERS

### **Age UK Lambeth HandyFix & Hospital To HomeTeam**

To book your free Energy Checks if you are 65 and over or 55 + with a long term health condition - 0333 360 3990

Open 10-4, Monday to Friday, voicemail is on outside of hours.

### **Age UK Lambeth MYCommunity Service**

For general help and advice 0333 360 3700

Open 9-5, Monday to Friday, voicemail is on outside of hours.

### **Age UK Lambeth MYAdvice Service**

Can do a welfare benefit assessment to see if you are eligible for Pension Credit or another useful benefits - 0203 1434 025

Open 10-4, Monday to Friday, voicemail is on outside of hours.

### **Contact your GP or Pharmacist for your flu jab - it could save your life!**

For our full campaign and a list of useful websites please see our campaigns page under 'get involved' at [www.ageuk.org.uk/lambeth](http://www.ageuk.org.uk/lambeth)