

Temperature Check Your Winter

*Helping you stay warm,
well and connected*

Your Winter Checklist ☒



WARM

Keeping warm and managing your money.

- ☐ Is your home warm enough?
- ☐ Have you checked what help is available with heating costs?
- ☐ Are your smoke and carbon monoxide alarms working? Do you have warm clothing, bedding and essentials?



WELL

Looking after your health and wellbeing

- ☐ Do you have the medication you need?
- ☐ Have you considered vaccinations you're eligible for?
- ☐ Can you get help if you feel unwell?
- ☐ Are you keeping active in ways that work for you?



CONNECTED

Staying in touch and preparing for Winter

- ☐ Have you thought about how to stay connected with others?
- ☐ Do you know what local activities and social groups are available?
- ☐ Would you welcome a friendly phone call or regular visit?

Our services are here to help. For more information, support, or to get involved, contact us:

 0300 500 1217
 advice@ageuknorfolk.org.uk
 www.ageuknorfolk.org.uk

