



STAYING WARM IN WINTER

Who to contact if you need further help or advice

If you are worried about an elderly relative or neighbour, contact:

London Borough of Hillingdon Social Care Direct on 01895 556633 (01895 250111 evenings & weekends) or

Age UK Hillingdon Advice line on: 01895 544250

The Age UK Advice Line is also available from 8am – 7pm, 365 days per year on 0800 169 6565.

Money Matters

- Energyhelpline –free and impartial advice on energy suppliers and tariffs and they can even do the switching for you. Call or go online – all you need is your postcode and a recent bill.
0800 634 5184 – or visit www.energyhelpline.com/hh
- Benefit checks & advice – Age UK Hillingdon can check that you are receiving all the benefits you are entitled to and help you with completing application forms: 01895 544250
- Energy Efficiency – general advice is available from the London Borough of Hillingdon Energy Team on 01895 277367
- Hillingdon `warm and cozy` scheme – in association with Dyson Energy Services can help with installation of free and discounted loft and cavity wall insulation and boiler replacement.
Telephone 0800 781 2600 or visit
www.dysonenergyservices.co.uk/hillingdon

- Energy Saving Trust – free and impartial advice and lots of ideas on how to save energy : 0800 512 012

Practical Assistance

- Age UK Hillingdon Handyperson Service – 020 8756 3040
- Age UK Hillingdon Help at Home Service – 020 8756 3040
- Age UK Hillingdon Home from Hospital Service – 020 8756 3068

- Hillingdon TeleCareLine Service – 01895 250111

- London Borough of Hillingdon Heater Loan scheme – offers short term loan of electric heaters to the over 65s living in their own homes, if they have a heating breakdown. 01895 556633
(01895 250111 evenings & weekends)

- Hillingdon FoodBank - Emergency Food supplies: 01895 252 224 or 0750668036

- DASH (Disablement Association Hillingdon): 020 8848 8319

- Hillingdon Carers: 01895 811206

Health & Wellbeing

Age UK Hillingdon has a range of leaflets offering advice on issues such as ‘flu jabs, tips on keeping warm, safe use of electric blankets, preparing for winter etc. We also have supplies of knitted knee blankets, bed socks and hot water bottle covers available for vulnerable clients and for emergencies.

Please contact us for further details on 020 8756 3040 or visit our website:

www.ageukhillingdon.org.uk

This leaflet has been produced by Age UK Hillingdon
as part of our “Get Ready for Winter” campaign.