

- 1. Get ready:** Keep an eye on the weather forecast. Stock up on food and medication. Keep a torch and your phone handy. Call 101 for free if there's a power cut.
- 2. Talk about how you're coping:** Speak to loved ones or call Age UK to find out how to access support. Your mind matters.
- 3. Keep moving and eat well:** If your appetite is small, try eating little and often, and move around at least once every hour.
- 4. Make sure your home is warm enough:** If you're struggling with bills, call Age UK to find out what financial support might be available.
- 5. Plan ahead:** In January we will leave the EU. Coronavirus restrictions are also due to continue for the first part of the year. So be prepared it may take longer than usual to get hold of some essentials.
 - Keep a good supply of everything you need and plan ahead to keep from running low.
 - Talk to your GP or pharmacist about renewing your prescriptions in good time.

Pop me on
your fridge

Age UK is here for you

- Our advice line is open 365 days of the year.
- We have information and advice on our website.
- We have a range of free guides and factsheets you can order by calling the Age UK Advice Line or visiting our website.

Give us a call

0800 169 65 65

(9am-5pm, 365 days of the year)

Visit us at

www.ageuk.org.uk

Other useful numbers:

- The Silverline is there for anyone who wants to chat on: **0800 470 80 90** (Open 24 hours a day, 365 days a year).
- Carers UK: **0808 808 777** (Monday to Friday 9am-5pm).
- Action Fraud: **0300 123 2040** to report fraud and cyber crime.
- Samaritans 24 Hour Helpline: **116 123** if you're feeling low and would like to talk to someone.
- In an emergency or if you're in danger call **999**. If calling from a mobile and can't speak press 55 when prompted. If it's not an emergency you should call **111**.
- Call **119** for a coronavirus test.