

Staying Warm & Well this Winter

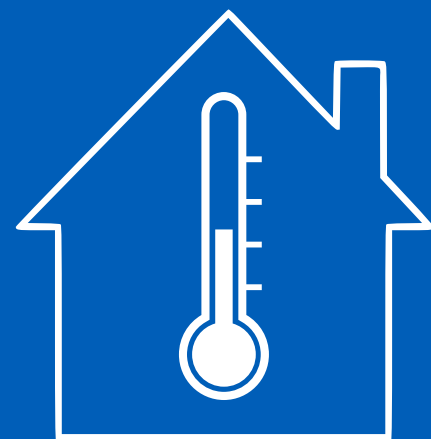
Useful Information and Resources to help you



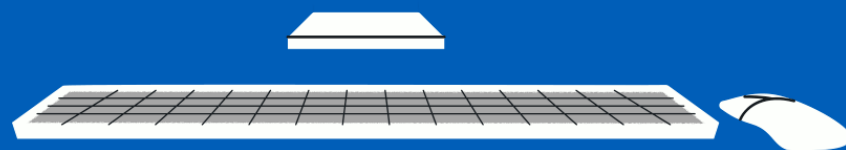
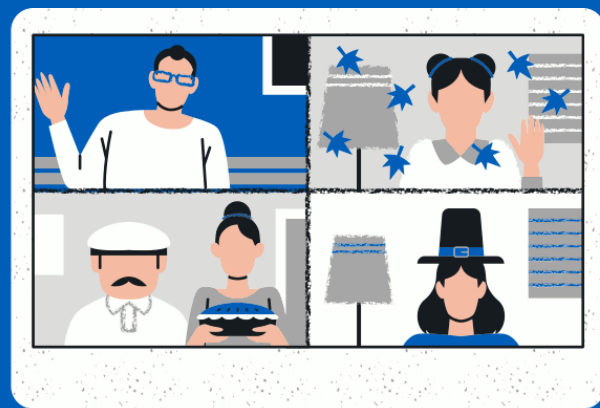
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Taking Care of You!

Staying warm and well may be a little harder at the moment when potentially having to change your lifestyle. We have some tips to try and help you look after your physical and mental health whilst at home.



Heat your home to at least 18 degrees. If you can't heat the whole house, heat the room you are in or yourself



Stay connected: Keep in touch with people, keep a list of useful contacts in case of emergencies and please look out for friends and neighbours who may be vulnerable.



Get vaccinated: protect yourself and those around you from both the Flu and COVID-19.

Key Contacts

The risk of catching an illness such as a cold or the flu increases during the winter months. These can be treated at home, however there may be a time when you need to reach out for additional support.



Minor cuts and grazes, colds and sore throats, bruises, aches and pains, anxiousness

Self Care

Care for yourself at home



Persistent coughs, colds and sore throats, bites and stings, indigestion and tummy troubles

Pharmacy

Seek local expert advice



NHS 111 will ask you questions on your symptoms and get you the help you need.

NHS 111

Call 111 or visit: <https://111.nhs.uk/>



For an illness or injury that requires urgent attention but is not a life-threatening situation.

Urgent Treatment Centre

Walk in or book via NHS



Chronic illness management, mental health, acute illness, contraception

GP Review

Contact your GP when open



Heavy bleeding, collapse, chest pain, suspected stroke, severe allergic reaction, suicidal thoughts

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EMERGENCIES ONLY

Cost of Living Help

There are many schemes at the moment to help with the cost of living as prices increase.
Below shows what you can be entitled to and when.

Who?	What?	When?
Everyone	£400 energy bills support scheme	From October, over 6 months
Under 66 in receipt of benefits	£325 cost of living payments	Second payment in Autumn
Aged 66+	£300 cost of living payments	November/ December 2022
Disability Benefit Claimants	£150 cost of living payments	From September 2022

For More Information, visit: <https://www.gov.uk/guidance/cost-of-living-payment>

Or

Scan the QR Code



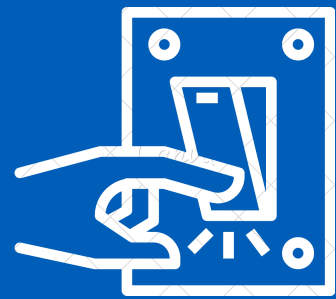
Energy Saving Tips

Home – it's somewhere you want to feel safe and warm. That involves using energy to heat or cool your property, generate hot water and power all your appliances and devices.

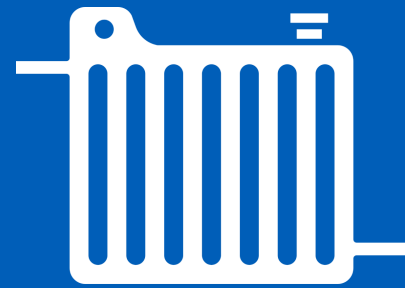
If you are struggling, help is out there.



Safely use a hot water bottle



Turn off plugs and switches



Put heating on lower for longer



Wear extra layers

Did You Know?

British Gas provides grants for customers and non-customers to help with energy bills so even if you get your gas and electric elsewhere, you can still apply for help!

Telephone: 0121 348 7797

Web: britishgasenergytrust.org.uk

For more information, visit: <https://britishgasenergytrust.org.uk/>

or

Scan the QR code



Top Tips to Keep Warm

Sometimes it may be more cost effective to heat the human, below we have selected a few of the examples and prices for multiple appliances listed on the [Money Saving Expert website](#).



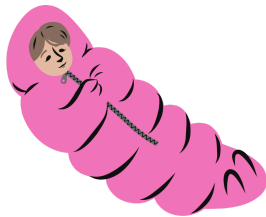
Eat regularly and try to have at least one hot meal a day.



Keep your feet warm with rugs and slippers



Layer clothing to keep in the heat



Use a sleeping bag as a blanket



Walk or exercise to keep warm.

Appliance	Method	Cost to Buy	Cost Per Hour/Week
Microwaveable Heat Bag	Microwave for 60 Seconds	£4.00	2p/90p
Hot water bottle	Boil water in kettle	£5.50	£1.43 Per Week
Reusable Hand Warmers	Boil in Water on Hob	£5.00	<1p/£1.96 🔥 £6.28 ⚡
Electric Heat Pad	Plug Into Mains	£15.00	£1.92 Per Week
Electric Blanket	Plug Into Mains	£14.00	4p/£1.92

Discount Scheme

You could get £150 off your electricity bill for winter 2022 to 2023 under the Warm Home Discount Scheme. The money is not paid to you - it's a one-off discount on your electricity bill, between October 2022 and March 2023. You may be able to get the discount on your gas bill instead if your supplier provides you with both gas and electricity and you're eligible. Contact your supplier to find out.

If you live in England and Wales, you **only** qualify if you either:

- get the Guarantee Credit element of Pension Credit:

<https://www.gov.uk/the-warm-home-discount-scheme/guarantee-pension-credit>

- are on a low income and have high energy costs:

<https://www.gov.uk/the-warm-home-discount-scheme/low-income>

For more information, Visit: <https://www.gov.uk/the-warm-home-discount-scheme>

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Warm Banks

Find a Warm Bank Near You

How to Get a Food Voucher

Each food bank works with different frontline professionals, like doctors, health visitors, social workers, and Citizens Advice. These professionals will be able to refer you to a food bank and give you a food bank voucher if they think you need emergency food.

The food bank and referral agency will use this voucher to gather some basic information about you. This will help them to understand why you need support and offer practical guidance, and the right emergency food.

Whats in a Food Parcel?

We've worked with nutritionists to make sure that the food parcels supplied by food banks in our network contain at least three days' worth of nutritionally balanced meals for individuals and families. These emergency food parcels are not designed to meet long-term need – that's why food banks also offer additional support like debt advice where possible.

A typical food parcel includes:

Cereal, Soup, Pasta, Rice, Tinned tomatoes/pasta sauce, Lentils, beans and pulses, Tinned meat, Tinned vegetables, Tea/coffee, Tinned fruit, Biscuits, UHT milk, Fruit juice.

Visiting a Food Bank

To make sure that you are provided with a food parcel that meets your needs, you'll be asked for your food bank voucher. Our volunteers will then use your voucher to check the number of adults and children the food parcel needs to support, the ages of children, and any special dietary requirements you may have.

Preparing your food parcel

Whilst your food parcel is being prepared, a volunteer will chat to you about your situation and point you to further support if they can, like a local debt advice service
Your food will be packed in supermarket carrier bags.



Warm Banks

How to Donate

Big or small, every gift takes the Trussel Trust a step closer to ending the need for food banks in the UK



One Off Donations

Make a single donation using a debit/credit card or cheque or by text, and help us work towards a future where food banks are no longer needed.



Regular Donations

Donate regularly via Direct Debit or Standing Order and help us create a fairer society where nobody is facing acute poverty.

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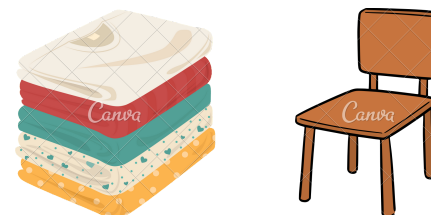
Gift Aid

Boost your donation by 25p of Gift Aid for every £1 you donate.



Donate Food Supplies

Make a food donation to one of your local food banks or at a supermarket collection point.



Donate Goods

From quality clothing to furniture, you can donate various goods to our community shops.



Payroll Giving

One of the most tax-effective ways for you to donate is through PAYE, a simple and flexible scheme.

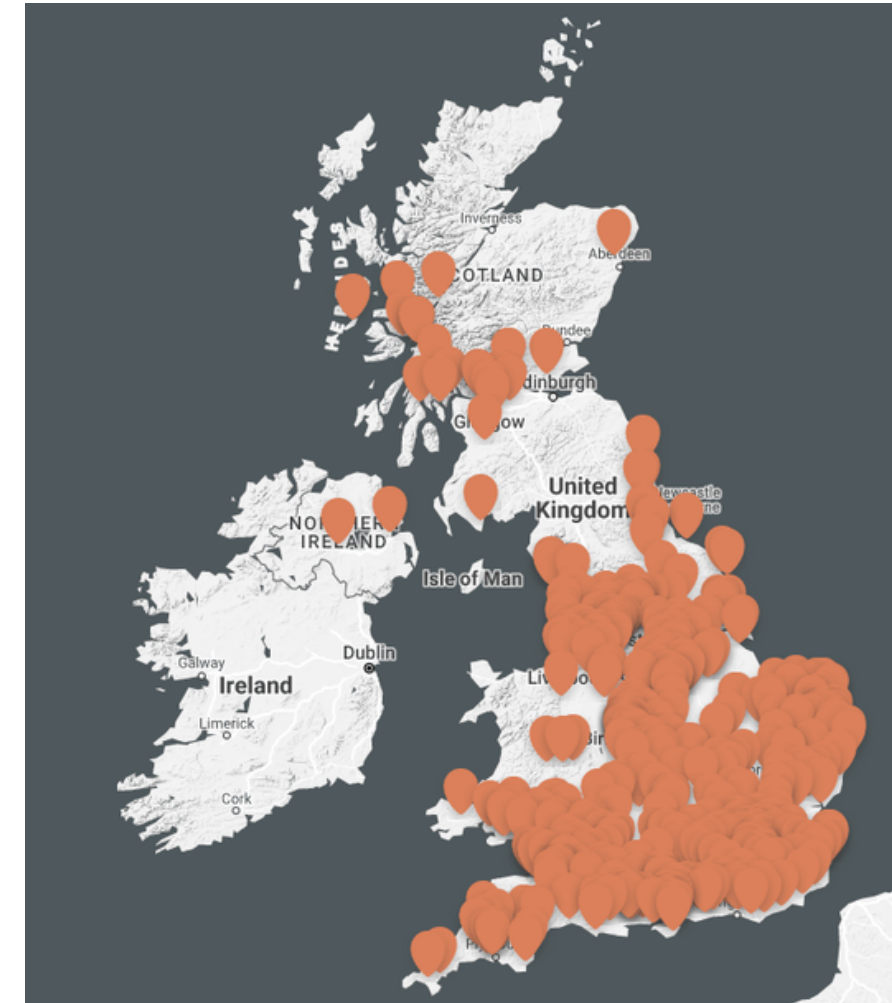


Warm Spaces

Dry, Indoor spaces for those who need them this winter

With a cost of living & climate crisis, many of us are facing tough decisions. Some of us have moved to working from home following the pandemic and are facing a winter with increased energy bills. Others are facing even harder decisions about whether to heat or eat.

Visit [WarmSpaces.org](https://warmspaces.org) to find your nearest warm space.



WarmSpaces.org

For more info, visit: <https://warmspaces.org/spaces>

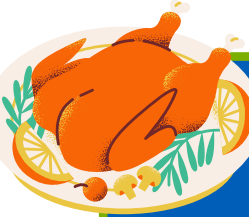
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Feed the Family

Feeding the family doesn't have to break the bank. Here's a couple of quick and easy recipes that you can do on a budget.



Chicken + Potato Traybake

- Olive Oil.....£3.36
- Potatoes.....65p
- Lemon.....30p
- Bay Leaves.....35p
- Garlic.....65p
- Chicken Thighs.....£3.10

92p Per serving, Serves 4

Pour the olive oil into a large roasting tin and add the potatoes, olives, lemon quarters, bay leaves and garlic. Toss everything together so it's coated in oil and evenly distributed. Add the chicken thighs, skin-side up, and season.
1h15 180c



Spaghetti Carbonara

- Spaghetti.....23p
- Ham.....79p
- Cheese.....£1.99
- Pasta Sauce.....69p
- Garlic baguette.....32p

80p Per Serving, serves 5

Boil the spaghetti, then drain and add chopped ham. Stir in some cheese and pasta sauce. Cook the baguette, and serve!



Vegetable Curry

- Onion.....49p
- Courgette.....62p
- Mushrooms.....89p
- Red pepper.....42p
- Cauliflower.....89p
- Curry sauce (jar).....79p
- Rice.....45p

76p Per Serving, serves 6

Chop all vegetables, fry the onion then add the other vegetables in. Mix in your curry sauce and 400ml water, and simmer for 30 minutes. Serve with rice.

To find more recipes and meal plans, visit: <https://www.bbcgoodfood.com/howto/guide/budget-family-meal-plan>

or
Scan the QR Code



Healthy Start Vouchers

If you're more than 10 weeks pregnant or have a child under 4, the Healthy Start scheme can help you:

- Buy healthy foods like milk or fruit
- Get free vitamins

You need to be claiming certain benefits to qualify. If you're pregnant and under 18 you can claim without receiving benefits.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. They will add your benefit onto this card every 4 weeks.

If you get Child Tax Credit, you can apply online if:

- you have at least one child under 4 years old
- your family's annual income is £16,190 or less

For more info, visit: <https://www.healthystart.nhs.uk/how-to-apply/>

Or
scan the QR code



Helpful Links

Need some extra help this winter? Use these links below to find additional support

British gas Energy Trust:

<https://britishgasenergytrust.org.uk/>

Money Saving Expert Website:

<https://www.moneysavingexpert.com/family/cost-of-living-survival-kit/>

Warm Home Discount Scheme:

<https://www.gov.uk/the-warm-home-discount-scheme>

The Trussel Trust

<https://www.trusselltrust.org/get-involved/ways-to-give/>

Meal Plans

<https://www.bbcgoodfood.com/howto/guide/budget-family-meal-plan>

Healthy Start Vouchers

<https://www.healthystart.nhs.uk/how-to-apply>

Cost of Living Help:

<https://www.gov.uk/guidance/cost-of-living-payment>

Crisis:

<https://www.crisis.org.uk/>

The Salvation Army:

<https://www.salvationarmy.org.uk/christmas-present-appeal>

Royal British Legion:

<https://www.britishlegion.org.uk/>

NSPCC:

https://www.nspcc.org.uk/support-us/ways-to-give/donate?gclsrc=aw.ds&&gclid=Cj0KCQiAmaibBhCAARIsAKUlaKRyQnZT3WLRkF4RDI9XhqR5374QbFoyBs2B-lLlHogAdOXinuCbNo8aAvg6EALw_wcB&gclsrc=aw.ds

To access all of these links on your phone, scan the QR Code



Childhood Health Advice



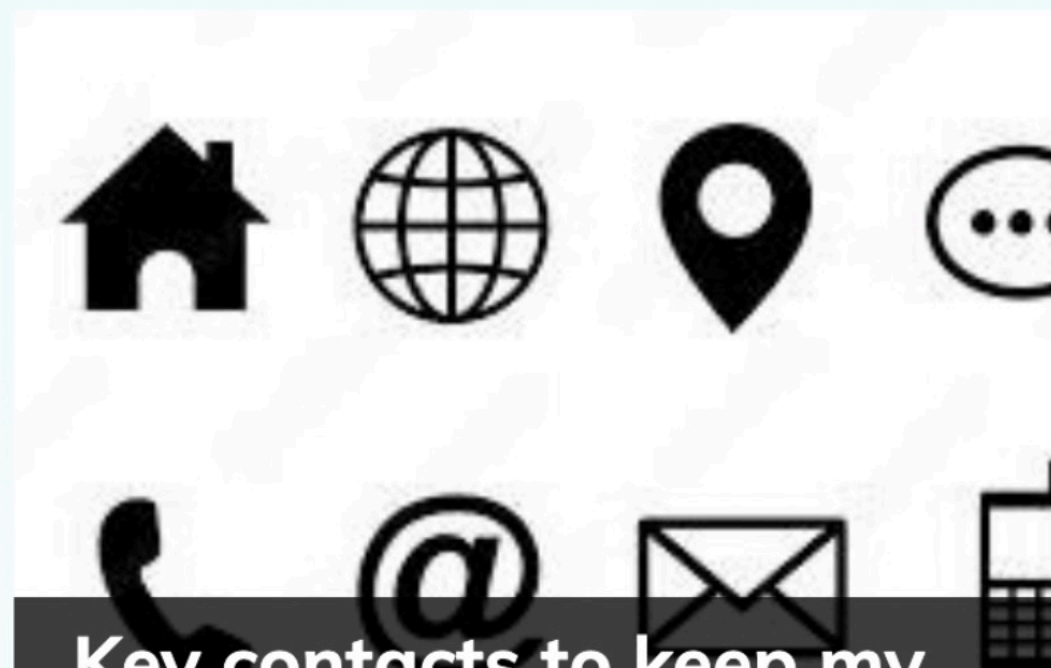
Emotional wellbeing and mental health



Your child's development



Keeping your child safe



Key contacts to keep my child healthy



Should my child go to school/nursery today?

Need reassurance to make the right decision?

Save this really useful **Parent / Carers Health Advice Portal** to your favourites www.tinyurl.com/zxhwudaf