

Staying warm and well this winter

This winter may be harder than others as food prices are increasing, flu and Covid-19 are circulating and it is more expensive than ever to heat your home.

There are things you can do to help keep you warm and well over the colder months, and we can help you access financial support including local schemes and grants and national support for the rising cost of living.



Health check

Make sure you are up to date with your vaccinations against flu and Covid-19. Contact your GP or find a vaccination site at www.grabajab.net



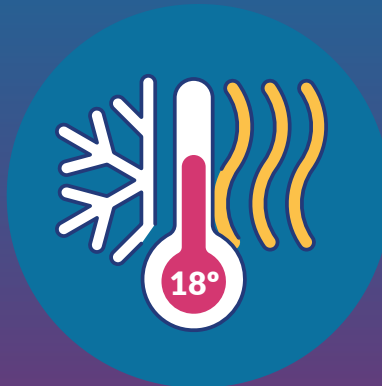
If you feel unwell, local NHS services are there for you. You can get help from your pharmacist or GP. If you have an urgent medical problem and you're not sure what to do, go to 111.nhs.uk or call **111**.

Support each other, check in on neighbours and family members through the winter and ask for help if you need it.



Keeping warm

The NHS recommends heating your home to 18C. Keep the cold out by draft proofing windows and doors, making sure you have loft and wall insulation, drawing your curtains and tucking them behind radiators and making sure radiators are not obstructed by furniture.



Our partners Warm and Well have lots of tips and advice to help you keep your home warm. There are various local and national grant schemes available, including for residents of South Glos to help pay energy bills or install insulation. Call their helpline on **0800 500 3076**.

If you are struggling to heat your home, we are supporting a network of Community Welcome Spaces in your local community. These warm spaces offer a friendly welcome and are free to use, some offer hot drinks and activities. Search for a welcome space www.southglos.gov.uk/community-welcome-spaces



www.southglos.gov.uk/CostofLiving

Financial support

We have a range of grants to help if you are of state pension age and struggling financially. Immediate and long-term support is available to help with essential outgoings such as:



water



food



energy




housing




fuel

This includes Housing Benefit, Pension Credit, Council Tax reduction and extra payments from the Household Support Fund.

We can check you are receiving all the support you are entitled to and help you access national funds, rebates and cost of living schemes.

Visit us at:  South Gloucestershire Council One Stop Shop in Kingswood, Patchway or Yate

Call us on:  01454 868009

Email:  OSSAppointments@southglos.gov.uk

If you would like this information in any other format, such as Braille or languages other than English, please contact us on any of the above details. We are happy to help.

 www.southglos.gov.uk/CostofLiving