



## LET'S BE MERRY AND KIND OVER THE FESTIVE SEASON

The winter months can be challenging, and we want you to stay well, healthy, and free of colds and flu, as well as more serious health complaints.

Please keep your home warm and wear layers when you go out, particularly if you're vulnerable to cold-related illnesses, heart, lung or kidney disease, as well as the disabled.

### **Help your friends and neighbours**

Check on your neighbours to make sure they are well and that their home is heated adequately. Ask them if they have enough medicines and stocks of food to avoid them having to go out unnecessarily.

### **Energy and water bills**

If you are struggling with energy and water bills, you may be able to get help from a charitable fund, depending on your background, circumstances and needs. The help they give varies but might include:

- Help with the cost of energy or water bills
- Assistance to buy white goods such as fridges, cookers, washing machines
- Specific winter grants

For further information please follow the link - [Turn2us Grants Search](#)

### **Keep your home warm**

If you have reduced mobility or are vulnerable due to illness, please ensure that your home is heated to a minimum of 18C, including your bedroom. Wear layers to insulate you whilst at home if you're not active. If it is safe to do so, you may wish to use a hot water bottle at night.

### **Eat well**

Your food is your energy and will help to keep you warm. Try to make sure that you eat a hot meal each day and plenty to drink to keep you hydrated. If you are struggling there will be a food bank close by, they are there and waiting to help you through a difficult period.

Find your local food bank - [How to access your local foodbank | CAP UK](#)

### **Cold Weather payments**

And remember, you'll get a payment if the average temperature in your area is recorded as, or forecast to be, zero degrees Celsius or below over 7 consecutive days. You'll get £25 for each 7-day period of very cold weather between 1 November 2023 and 31 March 2024.

### **You may get Cold Weather Payments if you're getting:**

Pension Credit

Income Support

Income-based Jobseeker's Allowance (JSA)

Income-related Employment and Support Allowance (ESA)

Universal Credit

Support for Mortgage Interest

**And lastly,** if you need us, please get in touch, in confidence, by using the contact details below:

[sally@grandprixtrust.com](mailto:sally@grandprixtrust.com) or +4477577 06889