

SERVICES IN LAMBETH THAT CAN HELP

Age UK Lambeth run a range of services for people over 55. These include a handy person service providing free equipment to help keep your house warm, day services and a befriending service.

Telephone:
020 7733 0528

or visit:
www.ageuk.org.uk/lambeth

Every Pound Counts offers a free benefits checks and advice service and practical support to people over 60, those who have a long term health problem or disability, and carers. Ensure that you receive all the benefits you are entitled to!

Telephone:
020 7926 5555

or visit:
www.lambeth.gov.uk/everypoundcounts

Community Draughtbusters helps you to improve your energy efficiency at home. They specialise in home energy audits, draught proofing, energy efficiency advice and training for local residents.

Telephone:
07951 747 713

or email:
info@ttbdraughtbusters.co.uk

SERVICES IN LAMBETH THAT CAN HELP

Lambeth 1 Call is a dedicated telephone service, answered by specially trained Lambeth Service centre staff, providing older people with quick and easy access to home repair and adaptations services.

Telephone:
020 7926 1400

or email:
www.lambeth.gov.uk/Services/HealthSocialCare/KeepingWarm.htm

Lambeth Libraries Home Visit: offer a home visit service is for people who are unable to get to the library due to age, illness or disability.

Telephone:
020 7926 8335

WHAT IS WARM & WELL?

Warm and Well in Winter is a collaborative project with Age UK Lambeth delivered with and funded by the London Borough of Lambeth and NHS Lambeth Clinical Commissioning Group providing a range of activities to support older people staying warm this winter. www.lambeth.gov.uk/Services/HealthSocialCare/KeepingWarm.htm



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LAMBETH WARM & WELL IN WINTER

Information and advice for older people to keep warm and well



Keeping warm over the winter months can help prevent colds, flu or more serious health problems like pneumonia.

If you feel unwell you should contact your doctor's surgery (GP). If you feel you cannot wait until your surgery re-opens call SELDOC on 020 8693 9066. This service is available 365 days a year, including Bank Holidays and weekends.

If you are in touch with any health or other services that come into your home and are unable to contact Age UK Lambeth yourself ask them to pass on your contact details.

TOP TIPS FOR KEEPING WARM AND WELL THIS WINTER



STAY WARM IN YOUR HOME

By setting your heating to the right temperature (18-21°C or 64-70°F), you can keep your home warm and your bills as low as possible. Wear plenty of thin layers, rather than one thick one. Wear bed socks, thermal underwear and a nightcap or headscarf at night.



GET FINANCIAL SUPPORT

There are grants, benefits and advice available to make your home more energy efficient, improve your heating and help to reduce your fuel bills. It's worthwhile claiming all the benefits you are entitled to.



EAT WELL AND DRINK REGULARLY

Food is a vital source of energy, which helps to keep your body warm so try to make sure that you have hot meals regularly throughout the day. Drinking hot drinks can help with staying warm and drinking water regularly will help your body stay healthy. Keep a flask of your favourite hot drink or soup near your bed to drink when you wake up.



GET A FLU JAB

You can get a free jab from your doctor (GP) and some pharmacists to protect against seasonal flu if you are over 65 or have a long-term health condition. If you have a cold or flu it is better to stay in bed and rest. And remember to drink plenty of fluids.



LOOK AFTER YOURSELF AND OTHERS

On cold days try to avoid going outside; however, if you do need to, remember to wrap up warm, put on a coat, hat, scarf, gloves and warm shoes or boots when you go outside. If you have an older neighbour or relative, look out for them during winter to make sure that they are safe and well.



HAVE YOUR HEATING AND COOKING APPLIANCES CHECKED

Have your heating and cooking appliances checked – carbon monoxide is a killer.