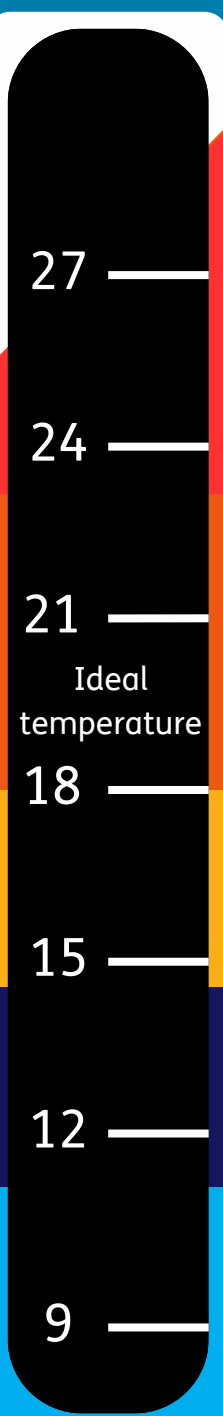


Temperature Check Your Winter



Your Finances.

Have you considered?

- Warm home discount
- Winter fuel payment
- Cold weather payments
- Means tested benefit check
- Disability benefits
- Energy tariffs

Your Home. Do you have?

- Smoke alarms
- Warm/electric blankets
- Room thermometer
- Ability to heat a warm meal

Think About Your Mental Health:

- Bad weather and shorter days can increase isolation.

Think About Your Physical Health:

- Vaccinations offered
- Medication in stock

Preparing for bad weather:

- Food in the cupboard
- Torch for power cut
- Priority register for utilities