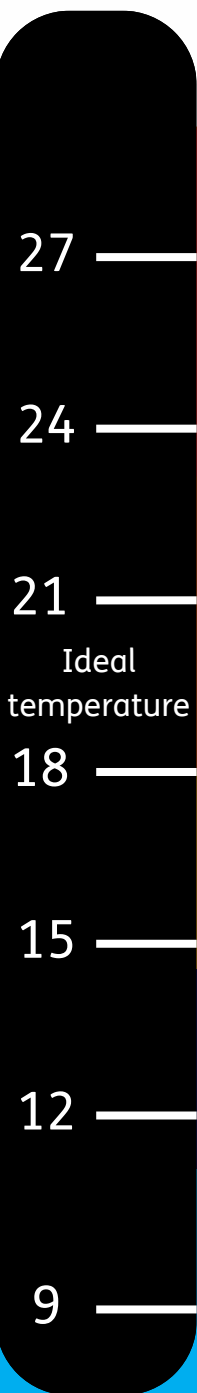


Temperature Check Your Winter



- 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

Temperature Check Your Winter



Your Finances. How we can help

Speak to an Age UK Norfolk advisor about our free benefit checks.

Email: advice@ageuknorfolk.org.uk
Telephone: 03005 001217

Your Home. How we can help:

Look out for our winter events across the county and free room thermometers.

Think About Your Mental Health. How we can help:

Speak to us about local services that can help you connect with others.

Email: advice@ageuknorfolk.org.uk
Telephone: 0300 500 1217

Think About Your Physical Health. How we can help:

See the Age UK Winter Wrapped Up and Healthy Living guides for more information.

Preparing for bad weather. How we can help:

See the Age UK Winter Wrapped Up guide.