

Winter wrapped up

Amendments for November 2020

- **Coronavirus (COVID-19)**

Since the original publication of this guide, COVID-19 has become a major health emergency, including for this winter. The situation with COVID-19 may be subject to frequent changes for the foreseeable future, so please visit the Welsh Government's website for all the latest information in Wales, such as current national and/or local restrictions that may be in place: **www.gov.wales/coronavirus**

Some of the basic measures for protecting yourself are similar to the advice for flu contained in our guide, such as washing your hands regularly or using hand sanitizer. However, there are also additional measures in regard to COVID-19, many of which are Government requirements, such as social distancing and the wearing of face coverings in indoor public places, or on public transport. Again, check the Welsh Government website for current advice.

- **Page 7:** this section contains information on the annual seasonal flu vaccine. This year, those who were already eligible in previous years - e.g. those aged 65 and over and those with certain long term health conditions - will be vaccinated first (this will include those who were told by the NHS that they needed to shield at the start of the pandemic and - this year - also household contacts of those who were in the shielding group). Following this, the NHS will be encouraging those who are aged 50 to 64 to also have the free flu vaccine, as the scheme is being extended to include this younger age group.
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- **Page 10:** the link to find contact details for local councils has now changed. The link to the equivalent information on the new Welsh Government website is: www.gov.wales/find-your-local-authority
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- **Page 16:** In 2020-21, most people born on or before 5 October 1954 are entitled to the Winter Fuel Payment.
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- **Page 17, 18, 19 & 24:** The Speakeasy Energy Advice service is no longer available.
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- **Page 18:** The Nest scheme – in addition to the existing qualifying criteria for Nest, there is now a ‘health conditions’ element that has been introduced by the Welsh Government. The criteria for this are:

- you own or privately rent your home; and
 - you live in a home that is energy inefficient and, therefore, expensive to heat; and
 - you, or someone who lives with you, are living with a chronic respiratory, circulatory or mental health condition; and
 - you have a household income below a defined threshold (the threshold can be different depending on factors such as the number of people in the household, their age and whether there are any dependants).
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- **Page 21 and back page:** Age Cymru Advice has a new telephone number: 0300 303 44 98 (9am to 4pm, Monday – Friday)
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- **Page 22:** Instead of Charis Grants, you should contact the Warm and Safe Homes (WASH) Advice line on 0800 304 7159.

To contact the Citizens Advice consumer helpline you should now call 0808 223 1133.

- **Page 23:** the telephone number for Help Me Quit has changed. It is now 0808 278 2522
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- **Page 24:** The Shelter Cymru housing advice line number is now 08000 495 495
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