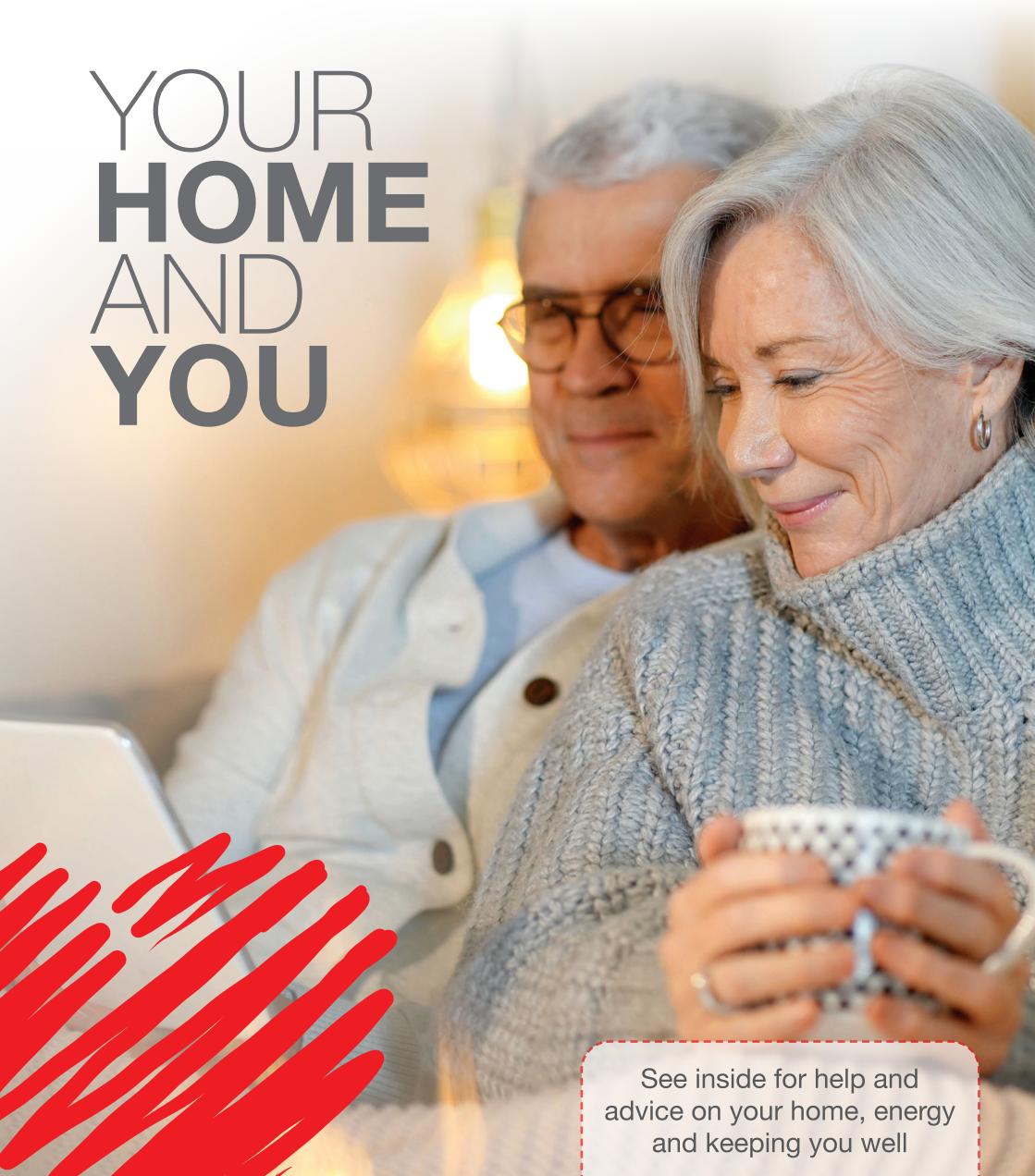


YOUR HOME AND YOU



See inside for help and
advice on your home, energy
and keeping you well

In the Home

Safe, Happy, Energy Efficient Homes

Need help to pay your energy bills?

If you are struggling to pay your energy bills your supplier may be able to help. There may also be grants available to help you.

Contact **your energy supplier**

You can also speak to Citizens Advice who can offer energy budgeting support and help you apply for any grants.

Contact Citizens Advice direct on
0800 144 8844

Energy Switch

Life is challenging for us all right now, but we offer an Energy Switching support service in partnership with Citizens' Advice, where an energy expert will review your energy bills and tariff information and help you to switch to a more competitive tariff and/or energy provider.

Contact Citizens Advice direct on
0344 245 1294

Energy Hardship Fund

If you live in a Housing Association property you may be entitled to some help.

Contact **your Housing Association** who can access fuel vouchers.

Cosy Homes in Lancashire (CHIL)

We work in partnership with CHIL who offer access to energy efficiency grants, new and replacement boilers, affordable heating solutions, energy advice and support on a range of money saving energy measures, which will help you heat and insulate your home.

Contact **03306 061 488** (local rates apply) or visit their website chil.uk.com.

Email: enquiries@rheaprojects.co.uk

Did you know?...

- **Bleeding your radiators every year can efficiently maximise the heat in your home** air doesn't conduct heat as well as water!
- **The ideal temperature in your living room should be 21°C and your bedroom 18°C**



Home Improvements

Safe, Happy, Energy Efficient Homes

Handy Person Service

Working in partnership with Preston Care and Repair, we currently offer a low cost or free handy person service to enable you to get certain DIY type jobs around the home done safely and professionally.

Contact: **01772 204096**

Email: **info@carerepair.org**

Minor Adaptations

You may benefit from equipment, handrails or other adaptations that will help you to get in, out and around your home safely.

Contact Lancashire County Council Adult Social Care on **0300 123 6720** and ask for an Occupational Therapist Home Assessment.



Affordable Warmth Assistance

We are committed to assisting residents to achieve affordable warmth in their homes.

We're currently offering free boiler servicing for eligible households.

Contact us on **01257 515151** to find out if you qualify.

Safe Trader Scheme

Lancashire County Council's scheme helps residents find reputable traders for property repairs, home improvements, gardening services, mobility aids and other services around the home.

Contact: **0303 333 1111** or visit their website **safetrader.org.uk**

Have you?...



- **Had your yearly Flu vaccine**
Contact your pharmacy or GP for more information.

The Flu vaccination is especially important this year because more people are likely to get flu as fewer people will have built up natural immunity to it during the COVID-19 pandemic.

If you get flu and COVID-19 at the same time, research shows you're more likely to be seriously ill.
- **Claimed your Winter Fuel Payment**
Most payments are made automatically between November and December. You should have had your payment by 14 January 2022. If not, you can claim this at [gov.uk/winter-fuel-payment](https://www.gov.uk/winter-fuel-payment)

You may still be able to get a Cold Weather Payment or the Warm Home Discount Scheme, even if you do not qualify for Winter Fuel Payment
- **Household Support Fund**
If you are struggling to eat or keep warm you may be able to receive support. Visit [chorley.gov.uk/article/1575/Debt-and-money-advice](https://www.chorley.gov.uk/article/1575/Debt-and-money-advice)
- **Had a free fire safety check**
Contact Lancashire Fire and Rescue on **0800 169 1125** or visit [lancsfirerescue.org.uk/contact-us/home-fire-safety/](https://www.lancsfirerescue.org.uk/contact-us/home-fire-safety/) for more information.
- **Tested or had a Carbon Monoxide Alarm fitted**
This is important if you have a gas or real fire. These are cheap to buy and easy to install, and you may even be able to get one free from your gas supplier. If you're in a rented property, you will more than likely already have one.
- **Signed up to the Priority Services Register with your energy and water suppliers**
If you have an interruption to your gas, electricity or water, your supplier will ensure you receive emergency supplies. Contact your supplier for more information.
- **Thought about batch cooking and freezing for ease**
For information on amazing recipes visit [nhs.uk/change4life](https://www.nhs.uk/change4life)

Have you had your Covid vaccination?

- Booster doses of the Covid-19 vaccine are available. It is important to have your booster to make sure you remain fully vaccinated.
- You can book online for your booster or your 1st or 2nd doses if you have not yet had them. Some places are even offering drop ins.
- Please book your appointment at: www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/
- It's also important to keep testing.



NHS 111 - Get Medical help

NHS 111 is free to use and is available 24 hours a day, 7 days a week.

The online service provides the same service as the telephone service and can be quicker to access. And if you need urgent care they'll arrange for you to be seen.

Contact: **111** or visit their website: 111.nhs.uk/

Respiratory conditions

If you have a respiratory condition such as asthma or COPD it is even more important that you can keep well.

If you are not having regular reviews you should contact your care team to discuss this.

There is also helpful information on the NHS website [nhs.uk](https://www.nhs.uk) just use the search box and type in your condition.

Your Pharmacy

What community pharmacies do

- Flu and other vaccinations
- Covid-19 Lateral Flow tests
- Repeat prescriptions
- Prescription delivery
- Urgent medicine supply
- Disposal of unwanted medicines
- Help with healthy lifestyles
- Signposting to other healthcare providers
- Support for self-care

To find information on local pharmacies on the NHS website please visit [nhs.uk/service-search/find-a-pharmacy](https://www.nhs.uk/service-search/find-a-pharmacy)

Better Health... Better Self

Chorley
Council

Struggling to lose weight?



Chorley Council's
**healthy lifestyle
advice service**
can support you
to lose weight
and feel great!



Making changes to your diet and getting more active improves both your physical and mental wellbeing.

Want some help? Look no further!

We'll give you the knowledge, motivation and supportive environment to put you on the right track to Better Health ... for a Better Self.

Includes:

- Initial consultation and evaluation
- 10-week programme of small group face-to-face sessions
- Monthly follow-ups and peer support for a full year

Ask your GP or Healthcare practitioner for a referral or find out more at chorley.gov.uk/betterhealth or by calling **01257 515151**.

* Over 18s only

Not suitable if you are pregnant or breastfeeding, or if you have: a diagnosed eating disorder, an underlying medical condition contributing to obesity; significant comorbidity or complex needs which are identified by a GP or healthcare professional.

You matter to us!

Keeping well and getting help

Your health and wellbeing is important to us.

There are lots of organisations that can help.

Website: chorley.gov.uk/healthandwellbeing or contact us on **01257 515151**



Social Prescribing Service

- Feeling alone or isolated?
- Suffering with a physical health condition?
- Have a low level mental health condition or struggling with your emotional wellbeing?
- Struggling with family life?

We can support you and help you overcome any barriers you may be facing.

Contact us for personalised support specifically tailored around what matters to you on **01257 515151**

Crisis Team

If you need urgent help as you are in mental distress, then please call the Crisis team's trained medical professionals who are able to provide assessment and referrals to appropriate services. You can also call the Crisis team if you need access to services or advice about someone else who needs treatment or support. This is available 24 hours a day, 7 days a week.

Telephone: **0800 953 0110**

Wellbeing Helpline and Texting Service is also available Monday to Friday 7pm to 11pm and Saturday 12pm to Midnight, and offers emotional support. Please call if you want to chat about your mental health or are lonely.

Telephone **0800 915 4640** or by texting **"Hello"** to **07860 022 846**

Website lscft.nhs.uk/crisis

NEED HELP? Get in touch with us on 01257 515151

Getting help



Chorley Community Helpline

As part of Chorley Together we have been working with community groups and organisations to support you with things like emergency food, shopping, prescription collection, someone to talk to, family support and financial help and advice.

Contact Freephone number: **0800 368 8452**

NHS Volunteer Responders

If you need help with prescription collections, shopping, someone to talk to or help with transport to medical appointments.

Contact: **0808 196 3646**

Website: nsvolunteerresponders.org.uk

Age UK

Life is challenging for us all right now, but for many older people things are particularly difficult. Age UK is there for you with expert information, advice and friendship.

Contact: **0300 303 1234**

Website: ageuk.org.uk/lancashire

Digital Help

The internet has been a lifeline for so many over the last two years for shopping, keeping in touch with friends and family, seeking medical advice, exercising the brain, dealing with bills and finding out about and applying for benefits.

But there are many people who, for one reason or another, aren't able to access this support.

If you or someone you know can't get online because you don't have a device, an internet connection or because you need someone to show you what to do Chorley Council is here to help.

Contact **01257 515151**

Need anything else, there's lots of information on our website chorley.gov.uk/communities or contact us on **01257 515151**.