





Warm & Well in Merton Checklist

<p>How do you keep warm in winter?</p> 	<p>If you need support or more information about keeping warm and well, you can contact:</p> <ul style="list-style-type: none"> • Wimbledon Guild: 0208 946 0735 • Age UK Merton if aged 60+: 020 8648 5792 <p>Merton residents aged 65 years+, or those with a long-term health condition/ disability, or low income can be referred to Thinking Works for a 'Healthy Homes Visit'. You can receive advice on keeping warm and well at home and have free devices installed to help cut your water and energy use. (*Subject to change)</p>
<p>Are you getting the best deal on your energy supplier?</p> 	<p>Switching energy suppliers could save money on your heating bills. The following organisations provide free price comparisons:</p> <p>www.uswitch.com/ - 0800 6888 557</p> <p>www.moneysupermarket.com – 0800 177 7087</p> <p>www.simplyswitch.com – 0800 011 1395</p> <p>If you need support or more information, you can contact: Age UK Merton (State Pension Age and over): 020 8648 5792</p>
<p>Are you getting all the benefits to which you are entitled?</p> 	<p>You may be eligible for benefits to help with your energy bills such as Winter Fuel Payments or the Warm Home Discount scheme. You can use a benefits calculator to check this:</p> <p>https://benefitscheck.ageuk.org.uk/Home/Start/</p> <p>https://benefits-calculator.turn2us.org.uk/AboutYou</p> <p>https://www.gov.uk/benefits-calculators</p> <p>If you need support with working out your benefits, please contact:</p> <ul style="list-style-type: none"> • Wimbledon Guild if aged 55+: 0208 946 0735 • Age UK Merton (State Pension Age & over): 020 8648 5792
<p>Do you need financial help to ensure you can keep warm and well in winter?</p>	<p>Wimbledon Guild can provide grants for items people in Merton desperately need such as fuel costs, food, warm clothing, bedding etc when they have exhausted all other avenues of help.</p> <p>Contact Wimbledon Guild Welfare: welfare@wimbledonguild.co.uk</p>
<p>Are you struggling to buy food?</p> 	<p>If you need Food Bank vouchers, please contact:</p> <ul style="list-style-type: none"> • Wimbledon Guild: 0208 946 0735 • Age UK Merton: 020 8648 5792

<p>Have you had the flu jab?</p> 	<p>The flu jab is free for people aged over 65 and those who have conditions that make them susceptible to complications if they have flu. Ask your GP or pharmacist for more information.</p>
<p>Have you had any falls in the last year and how has this affected you?</p> 	<p>If you are worried about falling, Merton Falls Prevention Service provides assessment, advice and exercise for older people who are at risk of falling. Please call: 0333 241 4242</p> <p>Increasing physical activity can improve strength, balance and coordination. For an assessment and referral to an exercise class please contact:</p> <ul style="list-style-type: none"> • Wimbledon Guild: 0208 946 0735 • Age UK Merton: 020 8648 5792
<p>Do you need any specialist equipment or adaptations in your home?</p> 	<p>Occupational Therapy in Merton provide specialist equipment and adaptations such as toileting/bathing equipment and grab rails, to help people stay independent at home and in everyday life. An Occupational Therapist can assess your needs and provide a range of small items free-of-charge.</p> <p>For home owners or private renters Disabled Facilities Grants (DFGs) may meet the cost of major adaptations up to £30k. These grants are means-tested.</p> <p>Contact Occupational Therapy to request an assessment on: 020 8545 4477 / 4428 Mon to Fri 9:30am to 12:30pm</p>
<p>Do you know what to do if there is a cold snap on the way?</p>	<p>Watch/listen for cold weather alerts – TV/Radio/Internet Keep your main living room around 21°C/70°F and the rest of your home heated to at least 18°C/65°F and wear suitable clothing.</p>
<p>Are you keeping active and busy?</p> 	<p>There are lots of social activities and classes locally. Contact:</p> <ul style="list-style-type: none"> • Wimbledon Guild: 0208 946 0735 • Age UK Merton: 020 8648 5792
<p>Are you feeling connected?</p> 	<p>The Merton Befriending Service can match you with a volunteer to visit regularly:</p> <ul style="list-style-type: none"> • Wimbledon Guild: 020 8946 0735 • Age UK Merton (65+): 020 8648 5792 <p>Wimbledon Guild offer counselling and group therapy for anyone over 18 who lives, works or studies within Merton and offer charitable rates.</p> <p>Contact Wimbledon Guild: 0208 296 0030</p>