

29th November 2016

Keeping warm this winter

Living in a cold home is bad for anyone's health, but older people, very young children and those with long term health problems are particularly vulnerable. Cold, damp and draughty homes can make certain health conditions, such as respiratory problems, much worse. Keeping warm over the winter can help prevent colds, flu or more serious health conditions such as heart attacks, strokes, pneumonia and depression.

If you are struggling to pay fuel bills or manage household repairs, there is a new way to access practical support to help you keep warm during the winter. Visit www.uttlesfordfrontline.org.uk and search 'cold' or call Uttlesford Citizens Advice on 01799 618858 to access help and advice regarding:

- **Benefits**, including cold weather payments and disability benefits
- Money or **debt**, including debts to utility providers
- **Switching**, to get lower fuel bills,
- **The priority services register**.
- **Home improvement grants** and **handyman services**
- **Energy efficient behaviours** and **home improvements**
- **Home safety**
- **Personal alarms**
- **Flu jabs**
- **Fall prevention** services
- **Community services**, including transport, food delivery and home library services

Uttlesford Citizens Advice. Barnards Yard, CB11 4EB

T: 01799 618840

W: uttlesfordcab.org.uk

E: bureau@uttlesfordcab.cabnet.org.uk

Saffron Walden 9.30 to 3.30 M.T.Th.F. (appointments available Weds)

Great Dunmow 9.30 to 3.30 T. W. Th.

Thaxted 2.00-5.00 Tuesday (fortnightly – appointments only)

Stansted Mountfitchet 9.30 to 12.30 Tuesday (fortnightly) and 9.30 to 12.30 Thursday (weekly) – appointments only

Takeley (by video link) Thursday and Friday (appointments only)