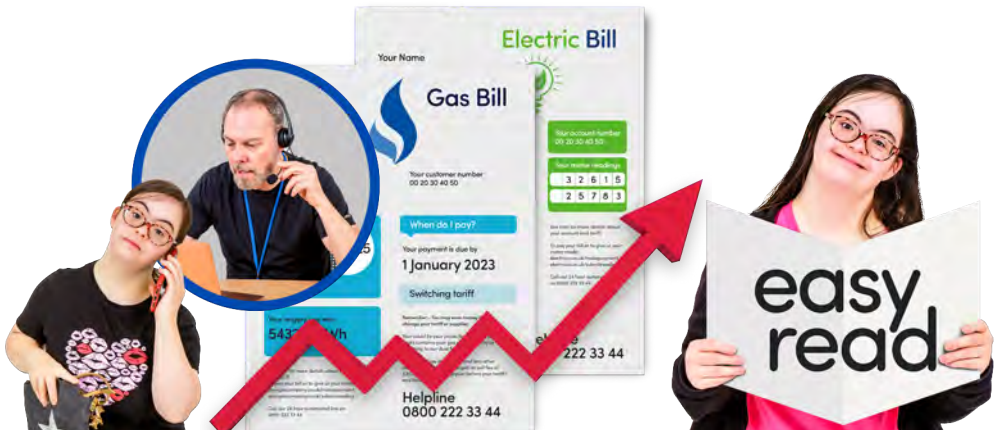




Winter warmth advice for you and your home

Help to keep warm and well this winter

- ❄️ Help with energy bills
 - Community warm hubs
 - Cost of living support
- ❄️ How catching flu can cost you





Worried about energy bills?

Citizens Advice Manchester is working with Cadent – the company who supply gas to homes in Manchester.



They offer a **free**, confidential service to help you:

- Check if you are able to get financial support
- Manage energy debt
- Save money on energy bills
- Make sure your energy supply is safe
- Get new or better home heating

Phone: 0808 164 4406

Lines open Monday to Friday 9am to 5pm



You may be able to save on bills or use less carbon by:

- Switching to LED light bulbs
- Investing in energy efficient appliances
- Getting a smart meter
- Switching to green energy



Property repairs

If you have no heating or need emergency home repairs and are over 60 and on a low income, contact

Manchester Care and Repair

Phone: 0161 872 5500

www.careandrepair-manchester.org.uk





Energise Manchester

Will be offering a range of community based activities around home energy - from training in practical things to improve energy efficiency, to working with your neighbourhood health champions and events in local community hubs.

Look out for Energise Manchester events and activities near you.



Manchester's free cost of living advice line

The free Cost of Living Advice Line can help with:

- Benefits and help with your rent
- Advice about debt and paying bills
- Food support
- Support getting online

Phone: 0800 023 2692

Lines are open Monday to Friday 9am to 4.30pm or

Text: 07860 022 876

www.manchester.gov.uk/helpinghands



Flu vaccinations

Catching flu can cost you:

- Your time
- Your plans
- Your money
- Your health

And it is not just you. Flu can make people very ill, such as the very young, or old, or pregnant women and people with health problems.

The flu vaccination is safe and works. It is free and easy to have – check now if you should have it: www.manchester.gov.uk/flujab

If you are eligible for a flu jab you may also be able to get a free Covid vaccination.

If you need a flu jab but are not in one of the groups that will be called in and get it for free, you can pay for your jab at a local pharmacy.

Call Manchester's free advice line

Phone: 0800 023 2692

Lines are open Monday to Friday 9am to 4.30pm or

Text: 07860 022 876

www.manchester.gov.uk/helpinghands

Translated information

Information contained in this leaflet is available in other languages at manchesterlco.org/winter-warmth-advice-booklets/





Important health news about Covid

There is a new form of Covid that looks like it can spread more easily. It is likely to infect more people, more quickly. Vaccinations can protect you and your family and save lives.



- Please have a Covid jab if you are offered it by the NHS or your Doctor.
- You should have the jab even if you have had Covid or Covid jabs before – protection wears off over time, it needs topping up.

You may also be offered a Flu jab

- Flu and Covid are more common at this time of year. You can catch both at the same time.
- The jabs **do not** have pork or animal products in them.
- The jabs **do not** cause autism, change your DNA or give you a virus.
- Sometimes you can feel ill the day after having jabs. Resting, drinking water and taking paracetamol all help.

[More information at manchester.gov.uk/covidjab](https://manchester.gov.uk/covidjab)

If you are having problems with money, housing, heating or food, contact our helpline.

Phone: 0800 023 2692