

Warm & Well in Merton Checklist

How do you keep warm in winter? 	If you need support or more information about keeping warm and well, you can contact: - Wimbledon Guild: 0208 946 0735 - Age UK Merton if aged 60+: 020 8648 5792 Merton residents aged 65 years+, or those with a long-term health condition/ disability, or low income can be referred to Thinking Works for free, impartial advice on keeping warm and well at home and free devices to help cut your water and energy use*. Thinking Works can see if you might be eligible for grants for insulation and heating works. (*Subject to change)
Are you getting the best deal on your energy supplier? 	Switching energy suppliers could save money on your heating bills. The following organisations provide free price comparisons: www.uswitch.com/ - 0800 6888 557 www.moneysupermarket.com – 0800 177 7087 www.simplyswitch.com – 0800 011 1395 If you need support or more information, you can contact: Age UK Merton (State Pension Age & over): 020 8648 5792
Are you getting all the benefits to which you are entitled? 	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: https://benefitscheck.ageuk.org.uk/Home/Start/ https://benefits-calculator.turn2us.org.uk/AboutYou If you need support with working out your benefits, please contact: - Wimbledon Guild if aged 55+: 0208 946 0735 - Age UK Merton (State Pension Age & over): 020 8648 5792
Do you need financial help to ensure you can keep warm and well in winter?	Wimbledon Guild can provide grants to eligible people in Merton, for items they desperately need such as fuel costs, food, warm clothing, bedding etc when they have exhausted all other avenues of help. Contact Wimbledon Guild Welfare: welfare@wimbledonguild.co.uk
Have you had the flu jab? 	Ask your GP or pharmacist if you're eligible for a free flu vaccine. Adults at high risk from flu are also most at risk from COVID-19 and the free vaccine is more important than ever, to help protect the nation from a double threat this winter.

Have you had any falls in the last year and how has this affected you? 	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 Increasing physical activity can improve strength, balance and coordination. For an assessment and referral to an online exercise class please contact: • Wimbledon Guild: 0208 946 0735 • Age UK Merton: 020 8648 5792
Do you need any specialist equipment or adaptations in your home? 	If you have a disability and feel you may need a grab rail fitted, contact Occupational Therapy in Merton for an assessment. An Occupational Therapist can assess your functional needs and may provide equipment such as grab rails and toileting/bathing equipment free-of-charge. Occupational Therapy in Merton- Call 020 8545 4477 / 4428 Mon-Fri 9:30am to 12:30pm Email: ssotduty@merton.gov.uk
Do you know what to do if there is a cold snap on the way? 	• 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. • Where do you usually sit in the house? - You can place the free thermometer (from your pack) there to check the temperature.
Are you keeping socially active and busy? 	There are lots of online social activities and classes. Contact: • Wimbledon Guild: 0208 946 0735 • Age UK Merton: 020 8648 5792
Are you feeling connected during the COVID-19 Pandemic? 	Merton COVID-19 Community Response Hub can help those isolated and at risk from COVID-19, with: • Support with shopping and basic supplies • Access to prescription and medication • Telephone befriending • Advice and practical help to stay active • Support to stay independent at home Contact: help@mvsc.co.uk or call 020 8685 2272, between 10am and 4pm, Monday to Friday Wimbledon Guild offer counselling and group therapy for anyone over 18 who lives, works or studies within Merton and offer charitable rates. Contact Wimbledon Guild: 0208 296 0030