

Are you prepared for warmer weather?

The **Warm & Well in Merton campaign** is raising awareness of staying active and healthy year-round, currently advising on the importance of **preparing for warmer weather** and providing support on how best to stay well as the temperature rises.

How we can help:



1. Information packs and online talks on keeping well

We offer online talks and information packs which include tips on staying well in warmer weather and information on how the campaign can help as well as services available locally. To request information packs (containing a free thermometer) or a talk at your community group:

Contact Wimbledon Guild – 0208 946 0735



2. Energy saving advice

Not-for-profit organisation Thinking Works can give free, impartial advice over the phone on energy saving and can deliver free devices to help cut water and energy use. Advisors can see if you might be eligible for grants for insulation and heating works. This service is for residents aged over 65, OR with a long-term health condition or disability OR on a low income.

Contact Wimbledon Guild – 0208 946 0735



3. Information and advice

Age UK Merton are on hand to provide you free, confidential advice over the telephone on pensions, welfare benefits, social care, health, housing, transport and more.

Contact Age UK Merton – 020 8648 5792



4. Financial support for individuals

Wimbledon Guild provide grants for eligible people in Merton to help with fuel costs, bedding and food. In the current circumstances, they are completing assessments over the phone.

Contact Wimbledon Guild – 0208 946 0735



5. Handyperson service

Merton Council have a handyperson to help people aged 65+ or with long-term health conditions or disabilities with minor jobs to ensure their homes are safe at these times and to help them stay well. This includes home visits to fix lightbulbs, replace batteries in smoke alarms, replace broken toilet seats etc.

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