

**A Happy New Year to all our readers.**

Many people in later life suffer needlessly during the winter so we feel that it is important to publicise the varied range of information that we have to help during cold weather. Please call at our Beehive office and ask for one of our **Winter Information Packs giving information on coping with winter and on schemes for insulating your home**

The Winter Fuel Payment is paid by the Government to assist with heating costs. If you were born before 5<sup>th</sup> January 1952 you may be entitled to this. Previous recipients should get the payment automatically. Otherwise you need to claim before the end of March. At present it is £200 per household or £300 for those households with a member over 80 years. If you have not received the payment yet give us a call on 01375 389872 or call the Winter Fuel Payment Helpline 08459 15 15 15.

Cold Weather Payments are made during periods of very cold weather to help towards extra heating costs. To get a Cold Weather Payment, the temperature for your postcode area must be recorded at 0°C or below for seven days in a row. Specific Met Office weather stations are used to get this information. To qualify for this payment you need to be in receipt of a qualifying financial benefit such as pension credit. They are normally paid out automatically to those who qualify.

If you want to know if you can claim Pension Credit or Attendance Allowance please call us so that we may advise you on your entitlements.



Tips for surviving when stuck indoors due to the cold weather

- Try to keep the rooms you use at a constant temperature. A minimum of 21°C during the day and 18°C at night.
- Wear a number of thin layers of clothing: cotton and fleece materials are best. These may be removed as you start to feel warmer.
- Invest in some thermal underwear. Long johns keep your legs warm under trousers and a vest is very useful. Consider wearing a hat and socks at night.
- Make sure you have at least one hot cooked meal each day and get plenty of hot drinks.
- Don't be tempted to sit down all day. If you can, manage some form of exercise. Try to walk around your home, looking out through the windows as you pass them. Attempt to get out into the fresh air, maybe into your garden if you have one, but only if it is safe to do so. If you go outside be extra careful in the wet and ice, to avoid the danger of slipping.
- Spread your chores throughout the day as this will help to keep you active and give you some exercise.
- If you are a wheelchair user try some gentle exercises. Gentle movements with your arms and legs, if possible, will help you from getting too stiff, keep you warm and help your circulation. But don't do anything which may cause you pain or risk harm to yourself.

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