

Let's look out for one another this winter



Someone nearby could need help but not feel comfortable or able to ask for it.



Signs to look out for:

- You see them **struggling with day-to-day tasks** e.g putting out their bins, going to the shops – especially when the weather is bad!
- Their usual **appearance or behaviour has changed**. They may not want to talk at all or may talk a lot more than usual.
- Their **driveway or path hasn't been cleared** of leaves or snow.
- You've noticed an **ambulance outside their house** or that a healthcare worker has been visiting them.
- Their **curtains have stayed drawn for a couple of days or their post hasn't been collected in a while**. It's probably nothing but if you're worried, give them a call or knock on their door to see if they're okay.
- You **haven't seen them take their dog out** for a while.

NHS 111

If you think someone might need urgent medical attention but **it's not an emergency, NHS 111 can help**, any time day or night. Just visit 111.nhs.uk (for people aged 5+ only) or call 111.



Staying safe this winter



There are lots of things you can do to help keep yourself and your neighbours safe this winter.

Fighting flu

One of the best ways we can look after ourselves and our neighbours is by having the flu jab – especially for people aged over 65, pregnant women, young children or those with a long-term health condition.

If you know that someone near you struggles to get out, why not offer them a lift to the doctor's to get theirs.

Money worries

If money is tight and you struggle to pay your bills during winter you could be entitled to financial support.

Cold weather payment

If the temperature drops below 0°C and you claim certain benefits, you might be able to claim a cold weather payment. Find out more here: gov.uk/cold-weather-payment

Winter fuel payment

A winter fuel payment is also available to people born on or before 5th April 1954. Find out more here: gov.uk/winter-fuel-payment

Frozen pipes

If yours or your neighbours pipes freeze and you're left without water, take a look at Yorkshire Water's advice here: yorkshirewater.com/winterready

Keeping warm

Lots of people, particularly those who are older can struggle to keep their houses warm in winter. **Why not call in to check their heating is working properly** or help them set a timer so it comes on automatically. If they're worried about their bills, you could pop over with warm food and drinks or lend them a hot water bottle or blanket. You can also download our Winter Warmer recipe cards for the perfect sharing dish!

Winter weather

It can be difficult to get out and about when the weather is bad, especially if you are older or have mobility issues. **You can look out for your neighbours this winter by offering to shovel snow off their drive or grit their path if it gets icy.** You could even give them a lift somewhere or ask if they need anything picking up from the shops. Get other tips on how to look for your neighbours during winter with our Festive favours checklist.

Keep an eye out for weather alerts, travel advice and make sure you and your neighbours are safe when severe weather hits. Get other tips on how to look out for your neighbours during winter with our festive favours checklist.

