Are you cold in your home?

Do you know someone who is?

Free advice and assistance is available to Barnet residents

help them **keep warm** and **well** this winter

BARNET LONDON BOROUGH

NHS Barnet Clinical Commissioning Group

Is your boiler working?
Do you struggle to afford heating bills and sometimes turn the heating off?

Each year hundreds of Barnet residents suffer from preventable illnesses caused by cold housing. Look after yourself and check on neighbours and friends this winter, you could save a life. Scan here to find out more.

You can also ask your energy supplier if they will provide you with a free boiler, insulation or help to pay bills.

You may be eligible for assistance with making your home warmer.
Please call: 020 8359 7441

Anyone could save money on their heating bills by following the advice on our website, or by switching providers using the no obligation Big London Energy Switch. Barnet residents that switched using the BLES last June, saved on average, £284 per year per household. It costs nothing to switch.

To sign up or learn more go to **www.biglondonenergyswitch.org.uk** or call 0800 0488 112

NHS immediate advice service: if you are feeling unwell and want immediate advice you can call NHS 111 Service on **111**. www.nhs.uk/livewell/winterhealth

If you are a **Barnet Homes** tenant either call Barnet homes energy advice team on 0300 555 0195 or email energy.advice@barnethomes.org

If you rent your home and there is a serious defect which has not been dealt with by the landlord please call 020 8359 7995 or email housingconditions@barnet.gov.uk

Get your flu jab if you are over 65 or have a longstanding health problem. A nasal spray flu vaccine is now being offered to children aged 2, 3 and 4 years old. Contact your GP.

You **don't need to be claiming benefits** to claim a Winter Fuel Payment.
Most people over the pension credit age are entitled to the winter fuel payment to help with heating costs. Call **0845 915 1515**

For more information:
tel: 020 8359 7441   email: winterwell@barnet.gov.uk
or visit www.barnet.gov.uk/winterwell