

Monthly Newsletter October 2022

FLU Clinic -Saturday 15th October – Book Now!



Please “Be kind” to our staff. A simple thank you, or a positive review could make the world of difference. Email: roccg.swallownestcarecoordinators@nhs.net



<https://www.gosober.org.uk/>



Join us for our Macmillan Coffee Morning **Friday 7th October** 2nd Floor of the Centre in Meeting Room 1&2 10am-12pm

Green Doctor This service runs across the North East and Yorkshire. They have helped many people save over £350 per year on their energy costs, ensured house repairs are undertaken, and provided advice on various benefits, all for free.

www.groundwork.org.uk/services/green-doctor/ t: 0113 238 0601 Freephone: 0808 168 3547

Community Energy Rotherham –

Rotherham Council We work to promote general energy awareness, and to highlight current energy campaigns and grant schemes beneficial to Rotherham residents.

www.rotherham.gov.uk/energy-climate-change



Simple Energy Advice

GOVERNMENT ENDORSED ADVICE

www.simpleenergyadvice.org.uk/

t: 0800 444 202



Rotherham & District

Advice line: 0808 278 7911 Mon – Fri 9:00am – 5:00pm

<http://www.citizensadvicerotherham.org.uk/> Welfare Benefits, Employment, Debt, Consumer, Family, Legal Rights, Housing, Discrimination, Tax, Healthcare.



Swallownest Health Centre



NHS Advice to Keep your Home Warm

Follow these tips to keep you and your family warm and well at home:

1. If you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C
2. Keep your bedroom at 18C all night if you can – and keep bedroom windows closed
3. If you're under 65, healthy and active, you can safely have your home cooler than 18C, as long as you're comfortable
4. Use a hot water bottle or electric blanket to keep warm in bed – but do not use both at the same time
5. Have at least 1 hot meal a day – eating regularly helps keep you warm
6. Have hot drinks regularly
7. To reduce the risk of [sudden infant death syndrome \(SIDS\)](#), babies should sleep in rooms heated to between 16C and 20C
8. Draw curtains at dusk and keep doors closed to block out draughts
9. Get your heating system checked regularly by a qualified professional

KEEPING YOUR HOME WARM

If you are struggling to heat your home because of energy costs, there is help available. You may be able to claim financial and practical help with heating your home.

Grants available include the Winter Fuel Payment and the Cold Weather Payment. You can also find out about heating and housing benefits at

www.GOV.UK/browse/benefits/heating Get Advice on how to reduce your bills and make your home more energy efficient

Warm and Safe Homes Advice

0800 304 7159

If you or someone you know can't afford to heat their home then we're here to help. We offer a range of support both directly to people in fuel poverty, and via frontline workers and other intermediaries.

<https://www.nea.org.uk/get-help/advice-resources/?tag=english>

