

## **ADVICE FOR OLDER PEOPLE IN THE WEST MIDLANDS ON KEEPING WARM IN WINTER**

Help the Aged offers free winter warmer packs

With older people facing a particularly cold winter this year, Help the Aged is offering older people in the West Midlands a free 3 Steps to a Warmer Winter pack to help weather this cold snap.

David Loveridge, Regional Development Officer for Help the Aged, says: "It is important to keep warm during this winter, which is why we would urge older people to make sure they continue to heat their homes. Anyone concerned about the costs of heating should order one of our free winter warmer packs to find out what support is on offer."

Three of the key tips included in the pack are,

1. Check - if you are worried about your finances this winter and you haven't thought of claiming benefits before, there are a number of easy ways to check what you may be entitled to. Contact a local benefit advisory service or call Help the Aged SeniorLine on 0808 800 6565. Pension credit, council tax benefit or housing benefit are just a few of the entitlements you may be eligible for.
2. Claim - with up to £5 billion in benefits going unclaimed every year you may be able to boost your income. Contact The Pension Service free on 0800 99 1234 to make a claim. Alternatively, inside our free pack there is a coupon you can send off to either request a call from the Pension Service or a home visit.
3. Insulate - a properly insulated home could save you around £275\* off your annual energy bill. There are a range of ways you can improve the energy efficiency of your home and you may be entitled to free insulation from your energy provider.

A free copy of 3 Steps to a Warmer Winter is available by calling 0800 089 0800. As well as useful contacts and the latest information and advice about claiming benefits and improving energy efficiency in the home, it includes a free thermometer to monitor room temperature.