

Winterwise talking tips

With the cost of living rising in Greater Manchester, it's important that we help each other be Winterwise – especially those older people not online. Here are some talking tips for frontline workers, volunteers, family or friends to help the conversation go well.

For more information check out the **Winterwise film** and also our **Winterwise guide**. You can contact Independent Age for a printed guide **0800 319 6789**.

Stay Warm

- Have you checked you are getting all the financial support you are entitled to?
- Did you know, your local council has a dedicated phone number for cost of living support and advice?

Energy Support

- Support is available if you need help heating your home this winter, call your local council
- Your energy supplier many have grants towards heating costs, speak to them to find out more

Pension Credit

- You might be entitled to extra money once you've reached state pension age
- Pension Credit acts as a passport to other entitlements, such as Cold Weather Payments, Council Tax reductions and help with health costs
- You could be entitled even if you own your home or have savings

For more information see the **Independent Age website** or call the Independent Age Helpline on **0800 319 6789** for a free guide or confidential benefits check.



How are you doing today?



Are you warm enough at home?



Are you able to get the food you need?



Are you managing to stay active?



So much is online now – do you need help to get anything sorted?



Do you know about community warm spaces in your area?



Stay safe

Would you like a free home fire safety check from the Fire Service?

Have you checked your home for trip hazards?

- Did you know, Greater Manchester Fire and Rescue Service are offering free home fire safety assessments? Complete their online **home safety check** or call **0800 555815** to see if you are eligible for a home visit.
- Scams are on the increase and are increasingly sophisticated. If it doesn't look right stop and tell someone.
- Its good to write down your emergency contact numbers and have them handy in case something goes wrong.



Stay well

What's on the menu tonight?

Are you up to date with your jobs?

- It's good to keep moving and get out if you can. There are exercises to try in the Winterwise guide.
- Stay on top of your worries and try to focus on things in your control. 'It's okay to not be okay', tell someone how you are feeling.
- Drink plenty of liquids, stick to regular meal times and have snacks if your appetite is poor.
- Be aware of slips and falls in and out of the home. Learn what to do if you fall and practice how to get up off the floor in the Winterwise guide.

Council cost of living advice lines

Bolton

01204 333333 - 8.45am to 4.45pm

Bury

0161 253 7030 - 8.45am to 5pm

Manchester

0800 023 2692 - 9am to 4.30pm

Oldham

0161 770 7007 9am to 5pm

Rochdale

01706 923685 - 9am to 5pm

Salford

0800 952 1000 - 9am to 5pm

Stockport

0161 474 1042 - 8.30am to 5pm

Tameside

0161 342 8355 - 8.30am to 4pm

Trafford

0808 278 7803 - 8.30am to 5.30pm

Wigan

01942 705221 - 9am to 5pm

More information

ageinghub@greatermanchester-ca.gov.uk

www.greatermanchester-ca.gov.uk/what-we-do/ageing

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**GREATER
MANCHESTER**
DOING AGEING DIFFERENTLY