

Winter

WELLBEING

HELPING KEEP YOU WARM AND WELL THIS WINTER

Keep warm

Get advice on staying warm at home. Contact Dudley Energy Advice Line (DEAL) during weekdays on **01384 817086**

Find places across the borough offering a safe space and a Warm Welcome. Call **01384 573381** or visit www.dudleycvs.org.uk/warm-welcomes



Get money advice

Services that provide free advice, information and support with managing your finances if you are struggling.

Visit: www.dudley.gov.uk/costofliving

To check if you are entitled to any benefits get advice from the Welfare Rights Team on **01384 815002**



Look after yourself

Take a daily vitamin D supplement of 10 micrograms. If you are eligible get your free flu and Covid-19 vaccine. Visit your local pharmacy for minor ailments.

For more tips visit: www.dudley.gov.uk/winterwellbeing



Stay connected

Find out what's happening in your local area, from groups, clubs, events, and much more.

Visit www.dudleyci.co.uk

Check on others who may be vulnerable and living on their own.

