



Winter warmth advice for you and your home

Help to keep warm and well this winter

- ❄️ Help with energy bills
 - Community warm hubs
 - Cost of living support
- ❄️ How catching flu can cost you





Worried about energy bills?

Citizens Advice Manchester is working with Cadent – the company who supply gas to homes in Manchester.



They offer a **free**, confidential service to help you:

- Check if you are able to get financial support
- Manage energy debt
- Save money on energy bills
- Make sure your energy supply is safe
- Get new or better home heating

Phone: 0808 164 4406

Lines open Monday to Friday 9am to 5pm



You may be able to save on bills or use less carbon by:

- Switching to LED light bulbs
- Investing in energy efficient appliances
- Getting a smart meter
- Switching to green energy



Community warm hubs

Manchester's warm hubs offer a **free** welcoming warm space to go for a brew, a chat, get support services and get online. Many have **free** Wi-Fi.



To find your nearest one

Phone: 0800 023 2692

Lines are open Monday to Friday 9am to 4.30pm or

Text: 07860 022 876

www.manchester.gov.uk/helpinghands

Flu vaccinations

Catching flu can cost you:

- Your time
- Your plans
- Your money
- Your health

And it is not just you. Flu can make people very ill, such as the very young, or old, or pregnant women and people with health problems.

The flu vaccination is safe and works. It is **free** and easy to have – check now if you should have it:

www.manchester.gov.uk/getmyjab



If you are eligible for a flu jab you may also be able to get a **free** Covid vaccination.



If you need a flu jab but are not in one of the groups that will be called in and get it for free, you can pay for your jab at a local pharmacy.

Call Manchester's **free** advice line

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Manchester's free cost of living advice line

Here to help you with cost of living advice and support. We can help with:

- Finding your local food bank or community grocer
- Checking if you are able to get help through discretionary housing and council tax payments
- Fuel and cash grants in a financial crisis
- Getting you online if you have run out of data



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