

WINTER SERVICES

In the Maldon District

Developed by One Maldon District

maldon.gov.uk/onemaldondistrict



INTRODUCTION

Cold weather can make some health problems worse and even lead to serious complications.

Some people are more vulnerable to the effects of cold weather including people aged 65 and older, babies and children aged under 5 years, people on a low income who are unable to afford heating, people with long-term health conditions, people with disabilities, pregnant women, and people with a mental health condition.

This leaflet provides information and advice on keeping warm and well this winter.

It comprises of four sections:

- Tips for keeping well this winter
- Energy saving tips
- Financial support
- Further information and support.



A close-up photograph of a woman with short, light-colored hair and glasses, smiling broadly while swimming in the ocean. She is wearing a green and black patterned swimsuit. The background shows the blue water and a clear sky.

TIPS FOR KEEPING WELL THIS WINTER

Get advice if you feel unwell

If you or your family feel unwell, seek medical advice from your local pharmacy, GP or by calling **111**.

Look in on neighbours and relatives and make sure they are safe, warm and well.

Keep moving

Try not to sit still for more than an hour at a time. Even a little bit of activity now and then can help your circulation and maintain strength and mobility.

Wiggle your fingers and toes whilst sitting to keep your blood circulating.

Eat well

Eat regularly as it helps keep you warm. Have at least one hot meal a day and have hot drinks regularly.

Get your winter vaccinations

Respiratory viruses are more widespread in winter, so it's especially important to get your vaccinations.

TIPS FOR KEEPING WELL THIS WINTER

COVID-19

Everyone aged 12 and over is eligible for their COVID-19 vaccine. If you haven't had yours yet, it's not too late.

The following groups are currently eligible to book their COVID-19 booster:

- People aged 50 and over
- People with certain health conditions
- Health and social care staff
- People who live in an adult care home
- Carers
- People who live with someone with a weakened immune system.

Book your COVID-19 vaccination online at nhs.uk/coronavirus or call **119**.



TIPS FOR KEEPING WELL THIS WINTER

Flu vaccinations

If you're 50 and over, getting your free flu vaccination is a very important way to help protect your health this winter.

You can get a free flu jab from your GP or pharmacist, if:

- You live in residential care or another long-stay care facility
- You provide care for an older or disabled person
- You live in the same household as someone who is on the Shielded Patient List or is at risk
- You're pregnant
- You have a serious long-term health condition (e.g. Asthma)
- If you work for either a registered residential care or nursing home, a registered home care organisation or a hospice and your employer does not offer the vaccine
- If you provide health and social care through Direct Payments or Personal Health Budgets.

You can have your flu jab at your GP surgery or a local pharmacy offering the service.

TIPS FOR KEEPING WELL THIS WINTER

Keeping warm

Try to keep warm throughout the day.

Suggestions include:

- Keep your windows and doors closed
- Use a hot water bottle or electric blanket to keep warm in bed
- Wear suitable winter clothing.

Stop the spread of germs

Other simple measures which can help to reduce the spread of illness include:

- Washing your hands regularly
- Avoid close contact with people who are unwell.

Stay stocked up

It's a good idea to keep your cupboards stocked with basic items and medication.

Volunteers providing shopping and prescription delivery support are available from Maldon and District CVS.

If you need support this winter, please call them on **01621 851891**.



ENERGY SAVING TIPS

There are simple things you can do to help cut down your energy bills.

These include:

- Turn off unnecessary lights and appliances
- Shower instead of taking a bath
- Fix any dripping taps
- Only boil the amount of water you need for hot drinks (consider using a flask)
- Avoid drying clothes in your bedroom
- Use a slow cooker or air fryer if you have one
- Washing clothes at 30°C
- Keep radiators and heaters clear of obstructions
- Make sure external doors and windows are draught-proofed
- Shut doors, windows, and curtains when you're not in a room
- Insulating roof, loft, and cavity wall spaces can reduce heat loss in your home and save £100 - £200 per year.



Winter Fuel Payment

This is an annual tax-free payment for households that include someone born on or before 25 September 1956.

You could get up to £300 to help with your bills in winter this year. The exact amount depends on your age and whether other people in your household also qualify.

If you've received it before or if you claim a State Pension, then you should get your Winter Fuel Payment automatically this year.

If you need to claim your payment, call **0800 731 0160**. You'll need your National Insurance number and your bank or building society details.



Warm Home Discount

Warm Home Discount is a one-off £150 payment to reduce eligible customers' bills over the winter months.

You get the payment automatically if your electricity supplier is part of the Warm Home Discount scheme and you or your partner receive the Guarantee Credit portion of Pension Credit, or a different qualifying benefit such as the Savings Credit portion of Pensions Credit and Housing Benefit. Receiving this doesn't affect your entitlement to any other benefits.

The money is added as credit to your electricity account. This usually happens between October and April. If you use a prepayment meter, you'll receive a top-up voucher.

If you want to find out more about this, contact Maldon and District Citizens Advice on **01621 875 774** or **maldoncitizensadvice.org.uk**.

Cold Weather Payment

Between 1 November and 31 March each year, extra money is available when there's very cold weather for people receiving:

- Pension Credit
- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment Support Allowance
- Universal Credit
- Support for Mortgage Interest.

The average temperature in your area needs to have been 0 °C or less for 7 consecutive days.

You get £25 a week for each 7 day period of cold weather. If you're eligible, you'll be paid automatically after each 7 day period of cold weather.

You should receive your payment within 14 working days.



A man with a beard, wearing a blue baseball cap and a blue denim shirt, is shown in profile, looking down at a white radiator. He is wearing white work gloves and appears to be adjusting or working on the radiator. The background is a bright, slightly blurred indoor setting.

FINANCIAL SUPPORT

Council Tax Rebate

The Council Tax Rebate scheme gave eligible households in Council Tax band A - D a £150 refund.

This scheme is now closed and if eligible you will have received the payment automatically into your bank account.

Discretionary scheme

This fund supports household's suffering financial difficulty due to rising energy costs.

Payments to eligible households under the discretionary fund will be made until 30 November 2022.

You do not need to do anything to be eligible for this scheme.

Energy Bills Support Scheme

This is a one-off £400 payment applied directly to your electricity account. It doesn't need to be paid back.

Contact your supplier for more details if you're a prepayment customer.

Low income and tax credits

You may get a payment of £650 paid in 2 lump sums of £326 and £324 if you get payments of any of the following:

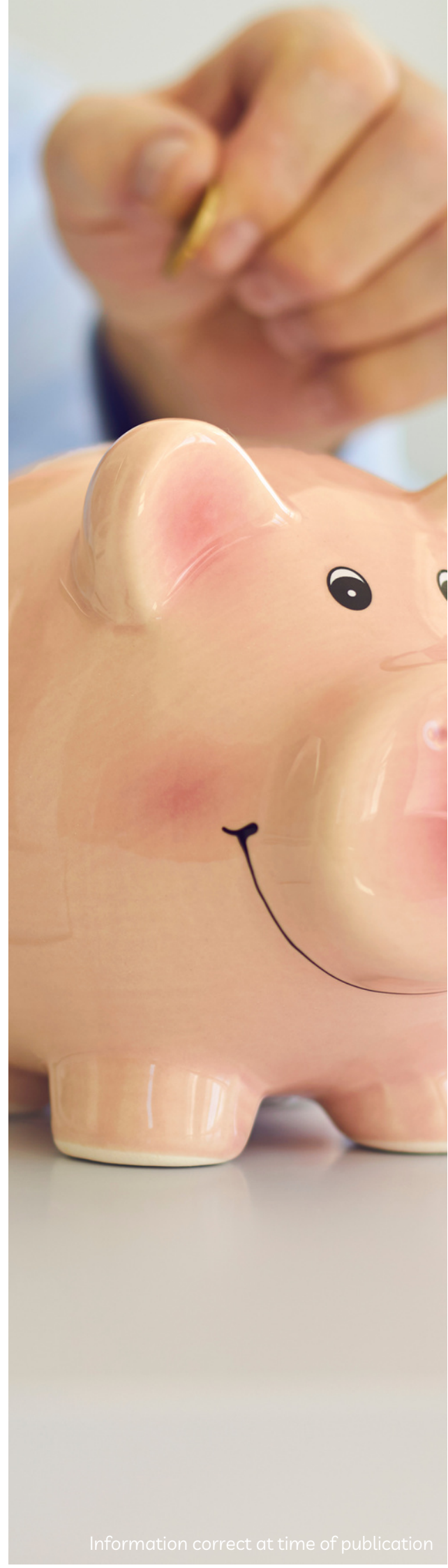
- Universal Credit
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Income Support
- Pension Credit
- Child Tax Credit
- Working Tax Credit

The payments will be made separately from your benefit. They aren't taxable and don't affect the benefits or tax credits you get.

When will the payments be made:

- £326 Between 14 and 31 July 2022 for most people
- £324 Between 8 and 23 November 2022 for most people.

Call Maldon and District Citizens Advice on **01621 875 774** for more details.





MALDON DISTRICT CONNECTS

Maldon District Connects is an online directory of local services and activities.

Web: maldondistrictconnects.org.uk

Tel: 01621 851 891

FOOD AND CRISIS SUPPORT

Maldon Food Pantry

Elim Church, Maldon, CM9 5DB

Wednesdays 9.30am - 1pm

Tel: 07940 830 855

Dengie Food Pantry

United Reformed Church, Southminster, CM0 7DF

Wednesdays 10am - 12pm

Tel: 01621 776 821

The Village Larder - Tollesbury Hub

The Centre, Tollesbury, CM9 8QD

Mondays 10am - 12pm

Tel: 07742 538 171

Maldon District Community Response

provides residents with household items and non-perishable food if they find themselves in crisis.

Tel: 01621 851 891*

*Weekdays 9am - 3pm

WINTER DROP IN HUBS / WARM PLACES

Winter drop in hubs / Warm Places

Warm Places provide people with respect, support and warmth this winter.

Community in a cup

Maldon Reformed Church, CM9 4PZ

Last Tuesday of each month 10am - 12pm

Tel: 01621 859 365

Community hub

Fullbridge Church, CM9 4LE

Tuesdays 9.30am - 1pm

Dengie Winter drop-in hubs

These will change location each month, for more details please contact Maldon and District CVS on **01621 851 891**.

Warm Places

Local Warm Places include libraries in **Maldon, Burnham-on-Crouch, Southminster, and Wickham Bishops.**

Please call Essex Libraries on **0345 603 7628** for more details.





FAMILIES AND CARERS

Essex Child and Family Wellbeing Service brings together a range of family and children's community services in the Maldon District.

Tel: 0300 247 0014*

*Weekdays 8.30am - 5pm

Action for Family Carers provides information and support to carers who have unpaid, caring responsibilities for others.

Tel: 01621 851 640*

*Weekdays 9am - 4.30pm

Carers First Essex provide a carers support service for Maldon District carers.

Tel: 0300 303 1555*

*Mon-Thurs 9am-5pm / Fri 9am - 4.30pm

Essex Youth Service provide youth activities for young adults in the district.

Tel: 03330 322 800

Essex Activate offer free kids' resources during school holidays.

Tel: 03330 131 620

COMMUNITY ACTIVITIES

Coffee, Cakes and Company

Steeple Village Hall, CM0 7JY

Tuesdays 2pm - 4pm

Tel: 07803 173 285

Cold Norton Senior Coffee Mornings

Cold Norton Village Hall, CM3 6 JQ

Thursdays 9.30-11.30am

Tel: 01621 828 673

Drop In for Tea and Cake

Church Road, CM8 3LA

Second Monday each month 2.30 - 4pm

Tel: 01621 892 032

Get Together with Friends - Mayland

Lawling Park Hall, CM3 6AD

Tuesdays 1.30-3.30pm

Tel: 01621 772 273

Get Together with Friends - North Fambridge

North Fambridge Village Hall, CM3 6LS

Tuesdays 10am - 12pm

Tel: 01621 772 273

Harbour

St Mary's Church, CM9 5HP

Mondays 10am - 12pm

Tel: 01621 851 891





COMMUNITY ACTIVITIES

Monday Drop-in (SEND Friendly)

All Saints Church, CM9 5PW
Term-time only from 9.30am

Tel: 07506 997 655

Power of Friendship

Museum of Power, CM9 6QA
Second Wednesday each month
10.30am - 12.30pm

Tel: 01621 843 183

Chatty Cafe - Southminster

Bits n Bobs Cafe, CM0 7AA
Weekdays

Tel: 07801 980 661

Chatty Cafe - Costa Maldon

Costa Coffee, CM9 5YH
Thursdays from 10am

Tel: 07740 536 376

Chatty Cafe - Morrisons Maldon

Limebrook Way, CM9 6GG
Wednesdays 10 - 11am

Tel: 07740 536 376

Chatty Cafe - Burnham-on-Crouch

Bistro on the Quay, CM0 8AT
Daily

Tel: 07908 279 751

COMMUNITY ACTIVITIES

RVS Tollesbury Day Centre

Parish Rooms, CM9 8QJ

Tuesdays 9.30am - 1pm

Tel: 0330 555 0310

Lunch Club at Plantation Hall*

Plantation Hall, CM9 4AL

Thursdays 10am - 2.30pm

Tel: 01621 851 891

*Aimed at people aged 65+

Soup Stop

The Citadel, CM9 5DE

Second and Fourth Wednesday of each month from 11am - 1pm

Tel: 01621 840 088

This is not an exhaustive list of activities, visit maldondistrictconnects.org.uk or call **01621 851 891** for details about other community activities happening across the district.





COMMUNITY ACTIVITIES

Digital drop-in sessions

Providing a friendly and welcoming atmosphere for people to meet up with other members of their community and learn some useful digital skills.

Digital drop-in Burnham-on-Crouch

United Reformed Church, CM0 8HF
First and third Monday each month

Tel: 01621 851 891

Digital drop-in Maldon

Fullbridge Church, CM9 4LE
Wednesdays 10am - 12pm

Tel: 01621 851 891

Pioneers i-Team (SEND friendly)

All Saints Church, CM9 4QE
Mondays 9am - 11am

Tel: 07506 997 655

Facebook community groups

Providing a safe space to talk about the winter months and offer or seek help to those in need.

Essex Is United This Winter

facebook.com/groups/425098556384211

Developed by One Maldon District

One Maldon District is a senior level partnership, working together to ensure a healthier and prosperous Maldon District.

One Maldon District seeks to maximise collaboration to ensure there are lots of opportunities for better health, wellbeing, and community safety within the district.

It includes:

Essex Fire Police and Crime Commissioner | Essex Police | Essex County Fire and Rescue Service | Mid and South Essex NHS | Sir John Whittingdale OBE MP | Rt Hon Priti Patel MP | Essex County Council | Maldon District Council | Maldon and District CVS | Maldon District Sense of Place Board | National Probation Service | Plume Academy | Ormiston Rivers Academy | All Saints Primary School | Churches Together in Maldon | Maldon Livewell | Active Essex

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