

# WINTER SERVICES

In the Maldon District

Developed by One Maldon District

[maldon.gov.uk/onemaldondistrict](http://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 an older 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 blurred horizon.

## 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](https://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.





## FINANCIAL SUPPORT

### 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](https://maldoncitizensadvice.org.uk)**.

# FINANCIAL SUPPORT

## 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 long-sleeved shirt, is working on a white radiator. He is wearing white work gloves and is focused on his task. The background is a bright, slightly out-of-focus 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.

## FINANCIAL SUPPORT

### 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:

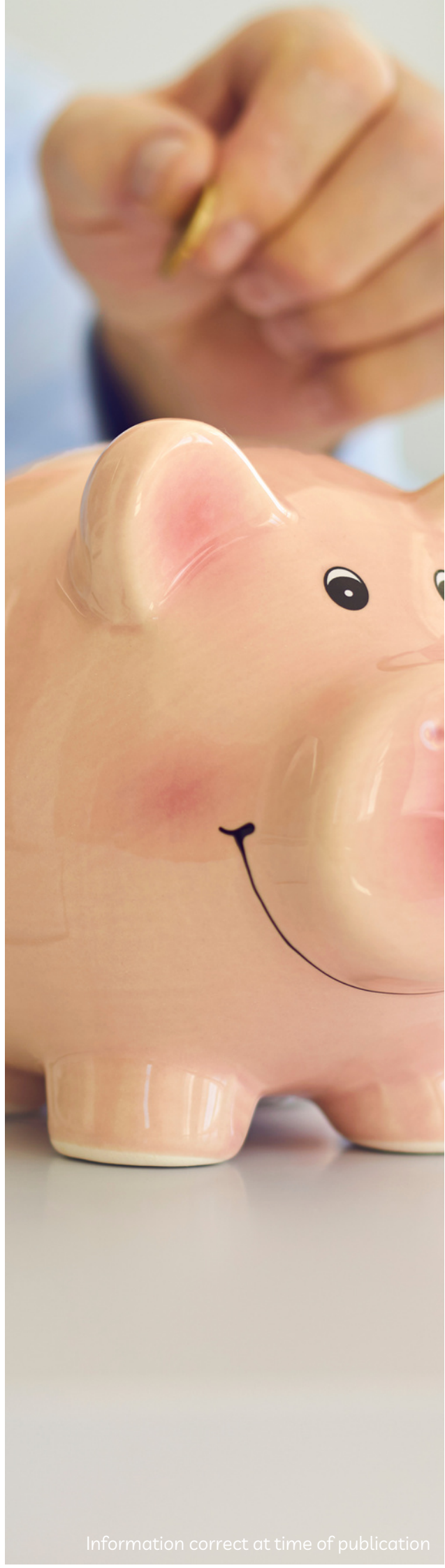
- Universal Credit
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Income Support
- Pension Credit
- Child Tax Credit
- Working Tax Credit

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](https://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 kid's 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](http://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](https://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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