

People First Bulletin

Autumn 2023

Keep warm and get help with heating

Keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom. This is particularly important if you have a health condition. It's best to keep your bedroom windows closed at night.

Make sure you're getting all the help that you're entitled to. There are grants, benefits and advice available to make your home more energy efficient, improve your heating or help with bills. Your support worker can help you with this.

Find out more about ways to save energy in your home from [GOV.UK](https://www.gov.uk), or call the government helpline on 0800 444 202.

As the colder weather is coming: Look in on vulnerable neighbours and relatives....

Remember that other people, such as older neighbours, friends and family members, may need some extra help over the winter. There's a lot you can do to help people who need support. Keep in touch with your friends, neighbours and family and ask if they need any practical help, or if they're feeling unwell. Speak to your support worker if you are concerned about any friends, relatives or neighbours and they can point you in the right direction of ways to help.

Don't forget to get your seasonal flu and covid jabs!

People First Update: Please find a copy of our Privacy Notice. If you would like any further information, in large print or a different language, please contact Claire on 0161 235 6900

University of Manchester Interactive Tree Trail

Get out and about before the winter weather arrives: it is good for your wellbeing and mental health!

Enjoy the great outdoors in the heart of Manchester with The University of Manchester's interactive Tree Trail.

The Tree Trail has been designed as a web-based app which can be used by anyone with a smartphone or handheld device by visiting the website uom.treetrail.co.uk.

There are three distinct trails with more than 50 trees to discover spread across the University's Oxford Road Campus and North Campus as well as Whitworth Park.

Cost of Living Crisis: Are you experiencing difficulties?

If you are worried about the the cost of living crisis, there are a number of support networks and helplines that can help and offer further advice. The Manchester City Council website: Helping Hands page has many useful links which include:

Household Support fund

Council Tax support

Help if problems paying rent or mortgage

Debt advice

Food Banks

Free school meals

Help for Older People

Travel costs

Getting basic items of furniture

The link can be found at : <https://www.manchester.gov.uk/helpinghands>

Please discuss any concerns with your support worker as more help and information is being produced.

Citizens Advice

Call 03444 111 444

citizensadvice.org.uk

StepChange

Call 0800 138 111

stepchange.org

Samaritans Call 116 123

Money Advice Service

Call 0800 138 777

moneyadvice.service.org.uk

Greater Manchester Mental Health

The 24/7 Helpline number is

0800 953 0285



0161 235 6900

People First Housing Association, The Windrush Millenium Centre, 70 Alexander Road, Moss Side, Manchester, M16 7WD

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People First aims to promote equality of access to all. It is registered under the Co-operative and Community Benefit Societies Act 2004 Reg No 27746R. It has charitable status