

Healthy + Safe

Stay safe in the cold

Find out ways to stay safe and well in the cold weather and how to look after friends and family in your community.



Stay warm and well

Living in a cold home can have a serious impact on health — especially for people who have health conditions or are older.

- Heat the rooms you use most to at least 18°C
- Wear several thinner layers of clothing instead of one thick layer
- Close bedroom windows at night
- Check your heating appliances are safe and get a carbon monoxide alarm



Save on energy bills

Energyworks is a local service that gives advice and support to reduce energy bills and make homes warmer.

Fuel vouchers are also available to low-income households who pay for their energy via a prepayment / key meter.

Visit www.cabrightonhove.org/energyworks or call 0333 090 9150 and leave a message.

The **Local Energy Advice Partnership** (LEAP) also offers support to reduce energy bills and keep homes warm.

Visit www.applyforleap.org.uk or call 0800 060 7567.

Support with energy, food and essentials

Extra support is available if you're struggling to pay your energy bills or need help with costs of food and essentials.

Visit www.brighton-hove.gov.uk/request-help-and-support or call our Community Hub helpline on 01273 293 117 (option 2), open from 10am to 4.30pm, Monday to Friday.

Get your winter vaccinations

Flu and COVID-19 vaccines are the best way to protect yourself and others.

It's important that you have all the vaccinations you're eligible for.

NHS Sussex Health and Care provides all the information you need, from who is eligible for free NHS vaccines, to how to book an appointment.

Ask at your local pharmacy if you're eligible for free NHS vaccines.

Book your appointment through the NHS App, visit www.nhs.uk/wintervaccinations or call 119.



Look after yourself and others

Call for help with CareLink Plus alarm

CareLink Plus provides simple equipment to help you call for help in an emergency, whether you're at home or out and about.

If you fall, feel unwell or need help, just press the button on the alarm to connect to a CareLink staff member 24 hours a day, 7 days a week.

This service can also help keep you safe from falls, fire, carbon monoxide and floods, and support people with health conditions.

Call 0300 123 3301, email carelinkplus@brighton-hove.gov.uk or visit www.brighton-hove.gov.uk/carelinkplus



Make healthy changes

Stay well this winter by making healthy changes such as stopping smoking, losing weight, healthy eating and getting active.

For free help to stop smoking, including from participating local pharmacies, call 01273 294 589 or visit www.brighton-hove.gov.uk/stopsmoking

For 12 weeks of free support with healthy eating, losing weight and moving more, call 0800 054 1190 or visit www.brighton-hove.gloji.co.uk

Check out free activities and HealthWalks on our online calendar at www.brighton-hove.gov.uk/activeforlife



Scan for more information



Need extra support this winter?

Adult Social Care – Access Point

Get advice or request an assessment for support.
Email accesspoint@brighton-hove.gov.uk
or call 01273 295 555. For more information,
www.brighton-hove.gov.uk/adult-social-care-hub



Free home safety visits

East Sussex Fire and Rescue Service can check your home and fit smoke alarms. Book online at www.esfrs.org/hsvs or call 0800 177 7069.



Ageing Well Brighton & Hove

Activities, advice and befriending for people aged 50 and over. Call free on 0808 175 3234, email ageingwellbh@impact-initiatives.org.uk or visit www.ageingwellbh.org

Health advice

Call NHS 111 or visit 111.nhs.uk for urgent medical help.

Mental health

If you or someone you know needs mental health advice or support, call free on 0808 196 1768 (Monday to Friday, 9am to 5pm), email chat@uok.org.uk or visit www.uok.org.uk

Support with drinking or using drugs

Contact Change Grow Live (CGL) for free support.
Call 01273 731 900, email brighton.info@cgl.org.uk
or visit www.changegrowlive.org

 : 01273 29 65 80  : publichealth@brighton-hove.gov.uk

 : www.brighton-hove.gov.uk/health-and-wellbeing

 : facebook.com/BrightonandHoveCityCouncil

