



As the cold snap continues, Neighbourhood Watch are urging residents to please bear in mind your older and vulnerable neighbours, relatives or friends.

Where possible visit them and make sure that they are warm enough and eating well. If you can't visit them, ring them to make sure that they are coping with the weather conditions.

Pensioners, single parents or people with disabilities may be entitled to special rates and support through free insulation. The 'Home Heat Helpline' has now been re-launched and is a free service for people wanting to be more efficient. If you have an elderly relative or care for someone with a disability you can make the call on their behalf. The helpline provides information about grants for free home insulation, flexible payment options and other services. For more information contact the Home Heat Helpline on 0800 33 66 99. The Home Heat Helpline is open 9am-8pm Monday to Friday and 10am-2pm on Saturdays.

Some energy providers provide discounted rates for people on low income, over 60 or with disabilities. Contact your energy provider to enquire.



FNWA.ORG.UK
Flintshire Neighbourhood Watch Association