

# KEEP WARM, STAY WELL

Are you worried about someone this winter?

Call **HertsHelp** to find out  
what help is available.

**0300 123 4044** (local rate)

or visit

**[www.hertsdirect.org/hertshelp](http://www.hertsdirect.org/hertshelp)**



# Do you need help to stay warm in your home?

Keeping warm in the colder months can help prevent colds, flu or more serious health problems like pneumonia.

Hertfordshire has been given extra funding to help all vulnerable people stay warm this winter.

If you are struggling to keep your home warm or are worried about a friend, neighbour or family member who is, please call **HertsHelp** on 0300 123 4044 to find out what help might be available.

## Financial help

- Help with paying bills
- Information about extra money you may be entitled to
- Advice on grants and benefits

## Making your home energy efficient

- Help with home insulation
- Emergency draught-proofing or heaters
- A free energy efficiency check
- Help to improve your heating

## Advice and support

- Advice and practical support to help you stay well and keep nourished and active during the winter
- A free keep warm pack



WELWYN  
HATFIELD  
BOROUGH COUNCIL



St Albans  
CITY AND DISTRICT



Stevenage  
BOROUGH COUNCIL

THREE RIVERS  
DISTRICT COUNCIL



Hertfordshire County Council and NHS Hertfordshire working in partnership with Hertfordshire's 10 district councils and the voluntary sector