

ARE YOU READY FOR WINTER?

See inside for help
and advice to keep
you happy, safe and
warm this winter



COVID-19

Make sure you keep up to date with the latest information and guidance by visiting our website chorley.gov.uk/ChorleyTogether

Chorley Community Helpline

As part of Chorley Together we have been working with community groups and organisations to support you with things like emergency food, shopping, prescription collection, someone to talk to, family support and financial help and advice.

Contact Freephone
number: **0800 368 8452**

NHS Volunteer Responders

If you need help with prescription collections, shopping, someone to talk to or help with transport to medical appointments.

Contact: **0808 196 3646**

Website: nhsvolunteerresponders.org.uk



Test and Trace

We are assisting the **National Test and Trace service** by contacting you where they have been unable to.

We may contact you by:

- text
- telephone
- email
- letter
- a visit to your home

If we contact you and we don't hear back from you, it's likely we will visit your home to let you know that you need to self-isolate. The number the council will call you on is **01257 515151**

The email address will be contact.tracing@chorley.gov.uk

Any letters will come from Civic Offices, Union Street, Chorley, PR7 1AL

Any officer who visits your home will have full proof of identification.

Please be aware NHS Test and Trace or the council will not:

- ask for bank details or payments
- ask for details of any other accounts, such as social media
- ask you to set up a password or PIN number over the phone
- ask you to call a premium rate number, such as those starting 09 or 087

NEED HELP? Get in touch with us on 01257 515151

Are you Clinically Extremely Vulnerable to Coronavirus (COVID-19)?

You or a representative may be able to register for a priority supermarket slot where you are not able to rely on the help of friends, family, or others.

You can also register future support needs should you be told to shield. You may already be familiar with this service and used it earlier in the year. If you have previously had priority slots then these will still be available.

Please visit

gov.uk/coronavirus-shielding-support

Alternatively, contact us on **01257 515151** if you do not have access to the internet or anyone to do this for you.



Your Pharmacy

To find information on local pharmacies on the NHS website please visit **www.nhs.uk/service-search/find-a-pharmacy**

What community pharmacies do

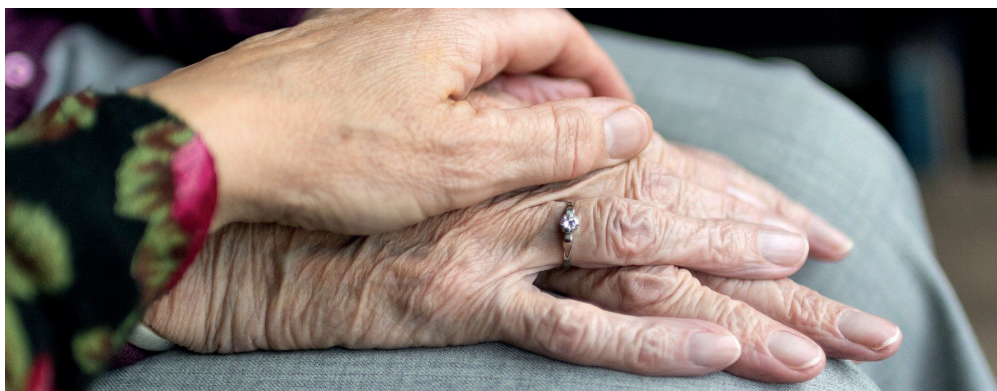
- Urgent medicine supply
- Repeat prescriptions
- Prescription delivery
- Disposal of unwanted medicines
- Promotion of healthy lifestyles
- Signposting to other healthcare providers
- Support for self-care
- Flu and other vaccinations

Did you know?

- There are over 11,700 community pharmacies in England
- Pharmacies are open for longer than other NHS providers
- Over 90% have private consultation areas
- Pharmacists train for 5 years and are experts on the safe use of medicines

You matter to us!

Social Isolation and Mental Health



Social Prescribing Service

- Feeling alone or isolated?
- Suffering with a physical health condition?
- Have a low level mental health condition or struggling with your emotional wellbeing?
- Struggling with family life?

We can support you and help you overcome any barriers you may be facing. Contact us for personalised support specifically tailored around what matters to you on **01257 515151**

Minds Matter

Helping to build a better you.

Access to free courses and groups.

Spot & challenge unhelpful behaviours

Transform behaviours

Ease worry

Problem solve

Self-esteem & assertiveness

Contact **01772 643168** or visit their website **lcft.nhs.uk/mindsmatter**

Digital Help

We're offering free training for people who want to do things online but don't know how or where to start.

Being online is a lifeline to some people for social interaction with friends and family, online shopping and more.

If you would like to gain some digital skills, however small, but need the support do this then contact us **01257 515151**

Age UK

Life is challenging for us all right now, but for many older people things are particularly difficult. Age UK is there for you with expert information, advice and friendship.

Contact **0300 303 1234** or

visit their website **ageuk.org.uk/lancashire**

Home Improvements

Safe. Happy. Energy Efficient Homes

Handy Person Service

Working in partnership with Preston Care and Repair, we currently offer a low cost or free handy person service to enable you to get certain DIY type jobs around the home done safely and professionally.

Contact: **01772 204096**

Email: info@carerepair.org

Minor Adaptations

You may benefit from equipment, handrails or other adaptations that will help you to get in, out and around your home safely.

Contact Lancashire County Council Adult Social Care on **0300 123 6720** and ask for an Occupational Therapist Home Assessment.



Energy Switch

We offer an Energy Switching support service in partnership with Citizens' Advice, where an energy expert will review your energy bills and tariff information and help you to switch to a more competitive tariff and/or energy provider.

Contact us to arrange an appointment on **01257 515151** or contact Citizens Advice direct on **0344 245 1294**.

Affordable Warmth Assistance

We are committed to assisting residents to achieve affordable warmth in their homes.

We're currently offering free boiler servicing for eligible households.

Contact us on **01257 515151** to find out if you qualify.

Safe Trader Scheme

Lancashire County Council's scheme helps residents find reputable traders for property repairs, home improvements, gardening services, mobility aids and other services around the home.

Contact: **0303 333 1111** or visit their website **safetrader.org.uk**



Cosy Homes in Lancashire (CHIL)



We work in partnership with CHIL who offer access to energy efficiency grants, new and replacement boilers, affordable heating solutions, energy advice and support on a range of money saving energy measures, which will help you heat and insulate your home.

Contact **03306 061 488** (local rates apply)
or visit their website **chil.uk.com**
Email: **enquiries@rheaprojects.co.uk**

Green Homes Grant

This scheme will see the government fund up to two-thirds of the cost of home improvements up to £10,000.

Visit their website
greenhomesgrant.campaign.gov.uk



Have you?...

- **Had your yearly Flu vaccine**
Contact your pharmacy or GP for more information.
- **Claimed your Winter Fuel Payment**
Most payments are made automatically between November and December if you receive a State Pension or another social security benefit. You should get your payment by 13 January 2021. If not, you can claim this at gov.uk/winter-fuel-payment
- **Had a free fire safety check**
Contact Lancashire Fire and Rescue on **0800 169 1125** or visit lancsfirerescue.org.uk/contact-us/home-fire-safety/ for more information
- **Tested or had a Carbon Monoxide Alarm fitted**
This is important if you have a gas or real fire. These are cheap to buy and easy to install, and you may even be



able to get one free from your gas supplier. If you're in a rented property, you will more than likely already have one.

- **Signed up to the Priority Services**
Register with your energy and water suppliers
If you have an interruption to your gas, electricity or water, your supplier will ensure you receive emergency supplies. Contact your supplier for more information.

Did you know?...

- **Bleeding your radiators every year can efficiently maximise the heat in your home** air doesn't conduct heat as well as water!
- **The ideal temperature in your living room should be 21C and your bedroom 18C**



Winter Warmer Recipe



Super Stew and Dumplings Recipe



Ingredients

- 2 tsp vegetable oil
- 280g lean braising steak, cut into chunks
- 450ml reduced-salt vegetable or chicken stock
- 2 medium onions, chopped
- 2 cloves of garlic, crushed
- 2 carrots, cut into chunks
- 2 celery sticks, sliced
- 1 bay leaf
- 250g closed-cup mushrooms, halved
- 100g self-raising flour
- 2 tbsp fresh parsley, chopped
- 50g reduced-fat spread
- 1 pinch ground black pepper

1. Heat the vegetable oil in a large flameproof casserole dish or saucepan. Add the beef, a handful at a time, and cook over a high heat for about 2-3 minutes until sealed and browned.

Always brown the meat thoroughly to begin with (but don't burn), as this will give the stew a good flavour.

2. Pour the stock into the pan, then add the onions, garlic, carrots, celery, bay leaf and mushrooms. Bring to the boil, then reduce the heat. Cover and cook over a low heat for 1½ hours, checking the liquid level from time to time, and topping up with a little water if needed.

If you're using a casserole dish, you could transfer it to the oven and bake at Gas Mark 4/180°C/fan oven 160°C for 1½ hours, then add the dumplings and bake for a further 25-30 minutes.

3. To make the dumplings, sift the flour into a bowl and add the parsley and some black pepper. Add the reduced-fat spread to the flour, then rub in with your fingertips until the mixture looks like fine crumbs. Add just enough cold water (about 2 tbsp) to make a soft dough. Knead the dough lightly for a moment, then form into 12 small dumplings.

4. Add the dumplings to the stew, letting them sit on the surface. Cover and cook for another 25-30 minutes, until the dumplings are light and fluffy, then serve.

Be sure to serve the casserole with plenty of fresh or frozen vegetables, such as broccoli, cabbage, leeks or peas, to help towards your 5 A DAY.

Why not batch cook and freeze for ease?

For more information on this recipe and for more amazing recipes visit nhs.uk/change4life