



FINDING HELP

SUPPORTING ONE ANOTHER



Dear Residents,

The NURA Team have assembled some information for you – should you or a neighbour need help. Visit Hillingdon Council's website. Find the 'Support with the cost of living' page, which also gives access to the Government Scheme 'HELP FOR HOUSEHOLDS' dealing with – a cost of living payment/support with household costs/energy bills/child care and transport costs.



Hillingdon

CA Helpline



0808 223 1133

CA Hillingdon



0344 848 7903

The CA Uxbridge Office is open to the public for drop-in on Monday and Thursday 11 am – 2 pm.
The Colonnade, Civic Centre, Uxbridge



<https://hillington.foodbank.org.uk/>



07859 710 747



The Kingsborough Connect Magazine (linked with Foodbank) has several ideas, including 'neighbour engagement' – a rotation of going round to each other's homes for an evening meal, using Community spaces for keeping warm and a cup of tea and taking advantage of some supermarket offers, e.g. Asda provide meals for children and the elderly for £1.



Hillingdon



01895 271559

Call us if you are feeling 'down' or lonely

LET'S TALK



Age UK Hillingdon



020 8756 3040

WAYS TO LOOK AFTER YOURSELF THIS WINTER



1

Get your free flu jab and COVID-19 booster if you're 50+ or a carer. Check which other vaccines you may be eligible for, such as shingles and pneumococcal vaccine.

2

If you're worried about your health, check it out. Call 111 or speak to your doctor or local pharmacy.

3

Talk to someone if you're feeling out of sorts or lonely. Your mental health matters.

4

Make sure your home is warm enough. Visit our website or call our helpline for energy advice and help with the costs of heating your home.

5

Get support if you're struggling with finances. Contact Age UK if you're struggling to pay your bills.

6

Keep moving and eat enough this winter. Stay as active as possible and keep an eye on unintentional weight loss.

Age UK has face-to-face appointments for the over 60's every Friday 10 – 1 p.m. at the Fassnidge Hall. You need to book on 01895 238593