

9 out of 10 winter deaths are older people

As we get older, our bodies respond differently to the cold, increasing the likelihood of a heart attack, stroke, pneumonia, and breathing difficulties.

Age UK Sutton offers a wide range of services to help people stay warm and well in winter

- We supply essential items like blankets, heaters & food packs to assist older people in an emergency
- We run free home energy checks (including installation of energy efficiency measures) & offer information and advice to help older people stay warm at home
- A warm, friendly voice when it's most needed: our regular reassurance calls, befriending services, & activities help fight loneliness
- We ensure people are well-supported by connecting them to other free & paid-for services that will help them live safely, independently & enjoy their life at home

**Get in touch to find out more about
how we can help you and your loved ones**

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