



Read more at www.peakspains.org/news

PEAKS & PLAINS
Housing Trust



From all of us at the Trust

Have a safe, happy
and peaceful festive season



Many thanks to our supporters
for their support throughout the year



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Some helpful information...

Top tips for staying warm this winter...

- ✓ **Keep out the cold:** Block or cover areas in your home that might be draughty. This will keep the cold out and the warmth in.
- ✓ **Stay active:** Light exercise will help keep you warm. Try to move at least once an hour.
- ✓ **Layer-up:** Wearing several layers of thin clothing can be more effective than one thick layer.
- ✓ **Be shower-savvy:** Cut your shower time to save energy and water.
- ✓ **Get cosy:** Grab your blankets, thick socks, and slippers.
- ✓ **Get your home ready for winter:**
 - Get your boiler serviced to help lower future repairs and keep your boiler running safely.
 - Bleed your radiators.
 - If you can, install a smart meter to keep track of your usage.
 - Heat the room you spend the most time in and keep the doors shut.

Get Involved...

We're always on the lookout for customers who want to have a say about how we do things, so why not join our friendly tenant group and come for a chat?



Keeping your family fed

Cre8 Surplus Food Grocery

Macclesfield

facebook.com/Cre8Grocery 📍

CORE Food Pantry

Macclesfield

church-of-the-resurrection.org.uk/pantry.html 📍

The Welcome

Knutsford

thewelcome.org.uk 📍

Benefits and money help

Local Energy Advice Partnership

0800 060 7567 📞

applyforleap.org.uk 📍

Help through Hardship helpline

0808 2082138 📞

The Trussell Trust

bit.ly/HelpThroughHardship 📍

Universal Credit Helpline

0800 328 5644 📞

gov.uk/universal-credit 📍

Citizens Advice National Helpline

0800 144 8848 📞

citizensadvice.org.uk 📍

National Debtline

0808 808 4000 📞

nationaldebtline.org 📍

StepChange

0800 138 1111 📞

stepchange.org 📍

Look after yourself

Samaritans

116 123 📞

available 24 hours a day

samaritans.org 📍

SANEline

0300 304 7000 📞

4pm - 10pm

sane.org.uk 📍

Campaign Against Living Miserably

0800 58 58 58 📞

5pm - midnight every day

thecalmzone.net 📍

Shout

Text SHOUT to 85258 📞

open 24 hours a day, 365 days a year

giveusashout.org 📍

Hope Central

01625 724133 📞

info@hopecentral.org.uk 📍

Don't forget that we're here for you...

📞 0800 012 1311

✉ trust@peaksplains.org

📍 peaksplains.org