

## How can we help you?

**Information & Advice** [Open Monday to Friday, 9 am - 1 pm] **0116 299 2278**  
A free and confidential service to assist with issues affecting your quality of life including: finances & welfare benefits; housing & property; leisure activities.

**Day Care Services** **0116 222 0558**  
Social support in a community setting including care, entertainment and companionship, with optional transport if required.

**Home Care** **0116 299 2266**  
Assistance with domestic tasks to make living at home that little easier to manage. Services include: food preparation; cleaning & ironing; shopping; collecting prescriptions; personal care; companionship.

**Personal Assistants** **0116 299 2266**  
A flexible service to give you help with household management, getting out and about and to appointments.

**Handyman & Gardening** **0116 299 2266**  
A 'no job too small' household maintenance service including: gardening; home security & safety; basic decorating; home maintenance.

**Respite** **0116 299 2266**  
Fully trained Respite Workers offer carers a break from the stress and demands of caring for someone. We also offer dementia respite by workers experienced and trained in dementia care.

**Age UK Business Directory** **0800 599 9435**  
Directory of local trusted traders across the City and two counties.



## Warm and Wise Project

Are you aged 50+  
Would you like to be warmer and wiser about your energy usage?  
We are here to help residents of Leicester, Leicestershire and Rutland.

INFORMATION & ADVICE



**For more information please contact us:**

Age UK Leicester Shire & Rutland  
Thorncroft, 244 London Road, Leicester. LE2 1RH

Tel: 0116 261 4604  
email: [warmandwise@ageukleics.org.uk](mailto:warmandwise@ageukleics.org.uk)

[www.ageukleics.org.uk](http://www.ageukleics.org.uk)

Be social with us

## What is the Warm and Wise project?

Age UK Leicester Shire & Rutland are working together with Age UK Nottingham & Nottinghamshire and Age UK Lincoln & South Lincolnshire to provide affordable warmth information, advice and support to Leicester, Leicestershire & Rutland residents aged 50+.

## How can we help?

We offer a free wrap-around information and advice service and can help with:

- Home Energy Assessment
- In-depth personalised energy advice
- Tariff switching advice
- Benefit checks
- Information on applying for £150 Warm Home Discount
- Priority services registration
- Explaining smart meter benefits
- Help and advice with home improvement grants
- Practical tips and support to keep your home warm in winter



## You may also benefit from:

- General information and advice
- A Home Energy Assessment
- Support to complete benefit or grant application forms

## How can I access this service?

You can get more information about the Warm and Wise project and how it can help you or someone you know by contacting us on:

0116 261 4604

email: [warmandwise@ageukleics.org.uk](mailto:warmandwise@ageukleics.org.uk)

