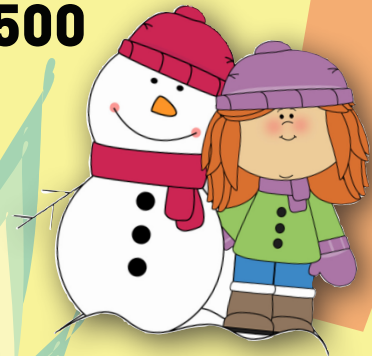


Emergency numbers

- Energy crisis/power cut: **105**
- Emergency: **999**
- Police: **101**
- Midlothian Council: **0131 270 7500**
- NHS 24: **111**
- Red Cross: **0131 654 0340**
- VOCAL: **0131 663 6869**
- Social work: **0131 271 3900**
- Alzheimers Scotland: **0131 654 1114**
- Food bank: **01969 675 417**
- Falls Prevention: **0131 270 8890**
- Scottish Water: **0800 0778 778**
- Samaritans: **0131 221 9999**
- Woodburn Pantry: **07384 376 156**
- Your local GP:.....
- Your local chemist:.....
- Your own energy supplier:.....



The Changeworks in Dalkeith project can help support you to make your home more energy efficient and possibly reduce energy bills. Advice is free so contact Angela:

- Telephone 0131 539 8627
- Email changeworksindalkeith@changeworks.org.uk

Winter home essentials

- Batteries - all sorts
- Torch; head torch; keyring torch
- Matches
- Candles
- Flasks
- Key safe or key to neighbour
- Motion sensor LED lights
- First Aid kit
- WD40 for frozen locks
- Heat pads
- Hot water bottle
- Draught excluders
- Heavy curtains

Handy warmers

- Quilts
- Blankets
- Bed socks
- Onesies
- Woolly hat
- Scarf
- Gloves



Don't forget your pets!

Food to eat cold

- Tuna
- Ham
- Spam
- Corned beef
- Cooked chicken
- Desserts

