

## *Keeping our community warm and well this winter*

### Do you require support this winter or know someone who does?

VAEF will be delivering services to residents in the Epping Forest District in support of Essex County Councils Winter Warmth Campaign. The service will provide help to those whose health and wellbeing is at risk during the cold weather.

VAEF will support older and vulnerable people deemed in need in the District by providing:

- food parcels
- warm clothing / bedding
- small heating appliances & microwaves
- fuel tokens
- fitting draft excluders & curtain rails
- sealing windows

all of which will assist in keeping yourselves and your homes warmer.

**Please contact 01992 564 178 or**

**Email [info@vaef.org.uk](mailto:info@vaef.org.uk)**

**where we will be happy to assist.**



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