

## Health & Wellbeing: Top tip for energy bill savings| Free PPE to health and social care sectors extended until 31 March 2024| Get around for £2 in Notts!| New dementia choir study looking for people to join in Mansfield

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Health and Wellbeing



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### Top tip for energy bill savings

If you've got a combi boiler, by changing just one setting it could help you save up to £250 on heating bills a year.

[Watch the video to find out how](#)

Working with the Nottingham Energy Partnership, we want to help those most in need to save on bills. So if you know of a vulnerable family member or friend who might need a helping hand to adjust their combi boiler, with their permission, you can arrange a free home visit on their behalf.

Call 0115 985 3006 or [book a free home visit online.](#)

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**Free PPE to health and social care sectors extended until 31 March 2024**

The government has now extended the free Personal Protective Equipment (PPE) scheme for health and social care providers to 31 March 2024 or until the Department of Health and Social Care's stocks are depleted, whichever is sooner. There have been no changes to ordering or guidance on the use of PPE.



DHSC will publish further information about stock-out dates by PPE category (when it is expected to run out of specific types of PPE) by April 2023.

More information is available here: [Free personal protective equipment \(PPE\) scheme](#).

[Find out more about the scheme](#)

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## Get around for £2 in Notts!

Until 31 March, you will be able to pay less to get around by bus, thanks to the Government's £2 fare cap for single journeys.

This is all part of the Government's Help for Households scheme to tackle the cost of living.

So, whether you're travelling to work, heading out to meet friends or anything in between, why not catch the bus and make the most of the scheme!



[Find out more](#)

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## New dementia choir study looking for people to join in Mansfield

People with dementia and their carers are invited to attend a free weekly singing session in Mansfield on Monday afternoons.

This is part of a study launched by the University of Nottingham to examine the effects of group singing on the quality of life of people recently diagnosed with dementia, and the relationship between them and their carer.

The singing groups will be fun, informal and no singing experience is necessary. The group is able to welcome new joining members until the end of February.

More information is available on the [University of Nottingham website](#).

For further information or to participate email: [preside.research@nottingham.ac.uk](mailto:preside.research@nottingham.ac.uk) or call 0115 7484315.



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The **NEW** website offering local mental health advice and help for young people in Nottingham and Nottinghamshire, all in one place.

[nottalone.org.uk](http://nottalone.org.uk)

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