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■ AS THE cold weather continues, those on low incomes face extra pressure on their budgets; yet many do not realise that they could be missing out on hundreds of pounds by not claiming what they could be entitled to.

Together with Age UK London, I am proud to launch the Mayor's annual Know Your Rights campaign, which aims to encourage people of pensionable age to check whether they are eligible to claim Pension Credit.

Pension Credit has helped many thousands of people across the capital and better still, it is a 'passport' benefit, which means it enables people to claim additional help with fuel bills, council tax and health care - even free dental care.

Even if you are not eligible for Pension Credit, there is still a whole range of options to explore - your local Age UK

centre can advise on better energy tariffs, help for carers and supporting disabled relatives. Don't feel too proud and struggle on your own, get in touch.

Contact your local Age UK centre in Bromley on 020 8315 1878 or freephone 0800 169 6565

Victoria Borwick, Deputy Mayor of London