

For help this Winter call **0800 954 1956**

Winter Wellbeing is a partnership of over 30 public, charitable and business organisations.



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Ten top tips
for staying warm
and well this Winter



WINTER WELLBEING



0800 954 1956

Reducing fuel poverty, improving health and progress to work

- 1 Keep it warm and set your heating correctly**
Heat bedrooms to a minimum of 16°C (61°F) and other main living rooms to between 18-21°C (65-70°F).
- 2 Food is a vital source of energy** eat regular hot meals and drink hot drinks. Keep food and medicines stocked up.
- 3 Financial help** Get advice, support, grants or discounts on your energy bill to stay warm.
- 4 Insulate and draught proof your home** It will save you money and keep you warmer.
- 5 Make sure you are on the right energy tariff**
You could save money, by switching tariffs or suppliers.

- 6 Check and service your heating systems and cooking appliances** Carbon monoxide is a killer.
- 7 Stay active** keep moving to stay warm and healthy.
- 8 Get your flu jab** if you are 65+ or pregnant, have a young child (0-3) have certain medical conditions, live in a residential/nursing home or the main carer for an older/disabled person. Call your GP surgery or NHS Direct 0845 46 47.
- 9 Move towards work** Call Cornwall Works Hub for all back to work support in one place 01872 355015.
- 10 Look after yourself** Check on older friends and neighbours. Wrap up warm, layer your clothing and wear shoes with good grip to go outside.