

# Keep warm and well this winter



CONTAINS  
OUR  
**TOP TIPS**  
FOR KEEPING  
WARM



Being cold isn't just uncomfortable; it can be very bad for your health particularly if you are an older person, disabled, have a family with young children or have a long-term limiting illness.

# Here are some 'top tips' on keeping warm, safe and well this winter.

## >>Keep active indoors if you can.

Try to move around at least once an hour. If your mobility is limited, try moving your arms and legs while sitting or just wiggling your fingers and toes.

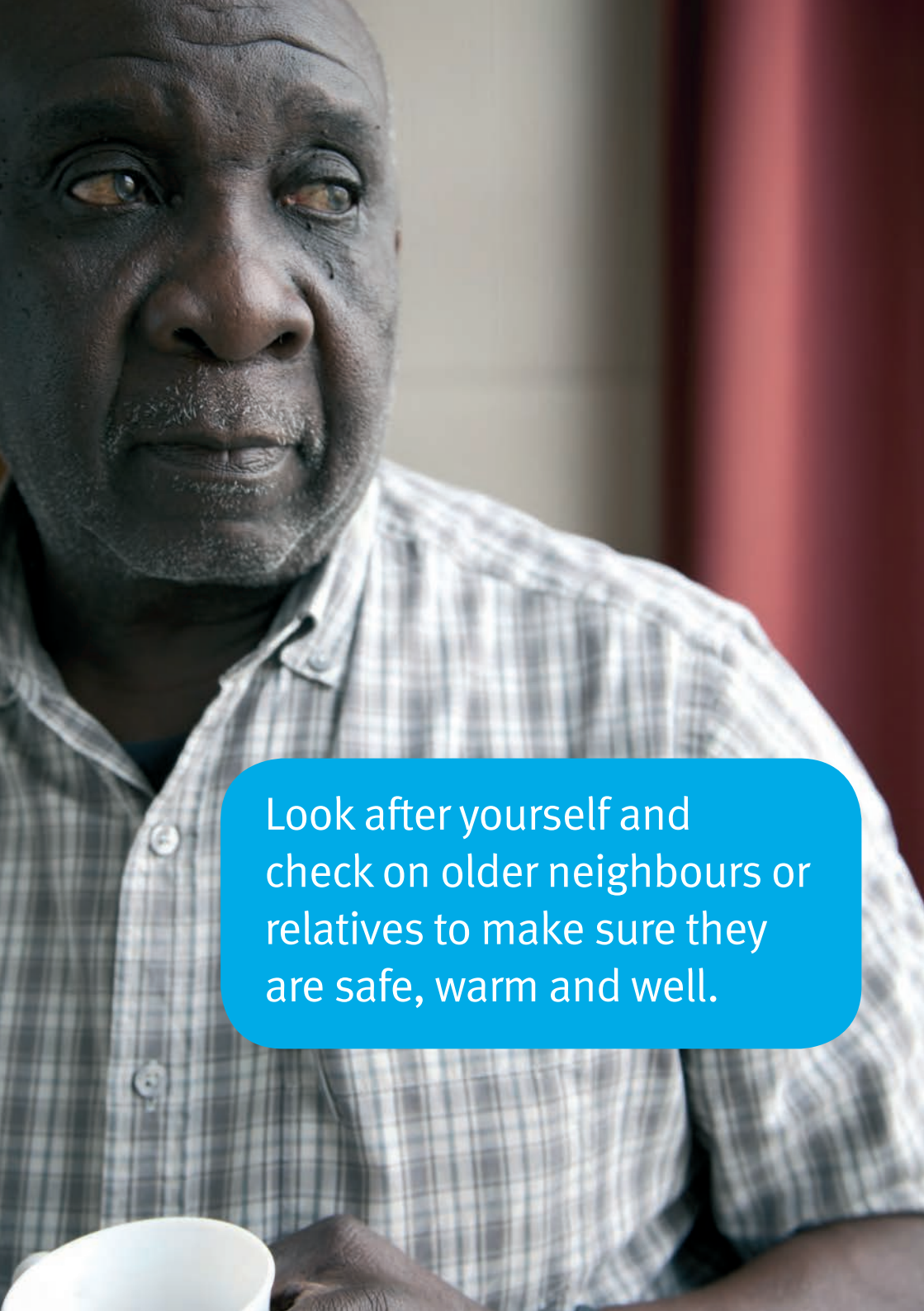
## >>Get financial support.

There are benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills. You can ask the Winter Home Check Service **0800 085 1674** for more information.



## >>Ask your GP for a free flu jab.

If you are 65 or over, pregnant, aged two, three or four years old, have a serious medical condition, live in a residential or care home, or are the main carer for an elderly or disabled person. Flu is a serious illness; it can put you in hospital and can even be fatal.



Look after yourself and check on older neighbours or relatives to make sure they are safe, warm and well.

**>> Check your prescription medicines.**

Make sure you have enough to last through the cold weather.



**>> Hot meals and drinks will help keep you warm.**

If getting out is difficult, keep a stock of tinned, dried and frozen foods.

**>> Clothes and footwear.**

Wear lots of thin layers of clothing. Wear good fitting slippers indoors and shoes with a good grip if you need to go outside.

**>> Keep in the warmth.**

Fit draught proofing, loft and cavity wall insulation. Insulate pipes. Draw curtains at dusk and don't obstruct your radiators.

**>> Have heating and cooking appliances checked.**

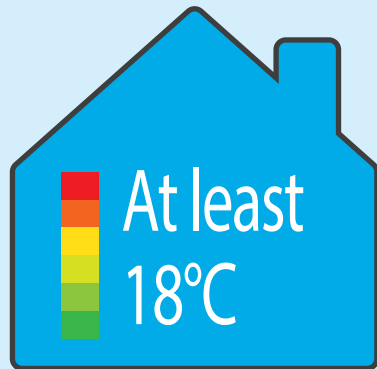
Carbon monoxide is a killer.

**>> Electric blankets.**

Electric blankets need to be kept in good condition - and you should never use a hot water bottle at the same time.

**>> Look after yourself.**

Look after yourself and check on older neighbours or relatives to make sure they are safe, warm and well.



**>> Keep your home at the right temperature.**

Heat your home to at least 18°C.

Get advice and support to help  
keep you and your home warm.  
Call **0800 085 1674**.



# Get advice and support to keep your home warm

East Sussex County Council is working with National Energy Action and Osborne Energy to offer the **Winter Home Check Service**. If you are on a low income and are either: an older person, a family with children, a disabled person or someone with an ongoing health condition (or if anyone in your household is), then you may qualify for this service.

The Winter Home Check Service offers:

- A full assessment of your home and how best to keep it warm
- Small preventative works, such as improving insulation or repairing boilers
- Installation of replacement boilers, central heating systems or home insulation\*
- Emergency temporary heating
- Advice on getting help with the cost of heating your home

\* subject to additional eligibility and limited availability

## For more information on keeping warm and getting help with benefits contact:

East Sussex Winter Home Check Service

**0800 085 1674**

**[whc@osborneenergy.co.uk](mailto:whc@osborneenergy.co.uk)**

**[www.eastsussex.gov.uk/keepwarm](http://www.eastsussex.gov.uk/keepwarm)**

East Sussex Benefit helpline

**0333 344 0681**

Social Care Direct

**0345 60 80 191**

**[socialcaredirect@eastsussex.gov.uk](mailto:socialcaredirect@eastsussex.gov.uk)**

Discretionary East Sussex Support Scheme (DESSS)

**0300 330 9494**

Keep Warm Keep Well

**[www.nhs.uk/livewell/winterhealth](http://www.nhs.uk/livewell/winterhealth)**

Energy Saving Advice Service

**0300 123 1234**

**[www.energysavingtrust.co.uk](http://www.energysavingtrust.co.uk)**

Met Office

Get Ready for Winter

**[www.metoffice.gov.uk/getreadyforwinter](http://www.metoffice.gov.uk/getreadyforwinter)**



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