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 Social Care Direct 0345 60 80 191 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 0345 60 80 191.
Get advice and support to keep your home warm

East Sussex Winter Home Check Service

If you are over 65 or disabled, or if anyone in your household is disabled, or if you are a family with children and on a low income, you may qualify for this service, it includes:

- A full assessment of your home and how best to keep it warm
- Small preventative works, such as improving insulation, boiler repairs, clearing gutters or chimneys
- Providing emergency temporary heating
- Advice on getting help with the cost of heating your home

For more information phone Social Care Direct on 0345 60 80 191 or email socialcaredirect@eastsussex.gov.uk

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

Help to keep warm and well www.eastsussex.gov.uk/keepwarm

East Sussex Benefit helpline 0333 344 0681

Discretionary East Sussex Support Scheme (DESSS) 0300 330 9494

Keep Warm Keep Well www.nhs.uk/livewell/winterhealth

Energy Saving Advice Service 0300 123 1234 www.energysavingtrust.co.uk

Met Office Get Ready for Winter www.metoffice.gov.uk/getreadyforwinter
Getting more copies of this leaflet
You can get all our leaflets in large print, easy read format, in Braille, on audio tape or CD, or in other languages if you ask us. Please phone Social Care Direct on 0345 60 80 191. They are also available in PDF form, which you can download from our website at eastsussex.gov.uk

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