

Local services that can help

British Red Cross - 0800 0280 831

In very cold weather, call the helpline to get free help for yourself or someone else. Help can include:

- A warm blanket and flask of hot drink
- Visits to check that someone is safe, warm and well in their home
- Other feasible requests to help people in very cold weather

Age UK Brighton & Hove – 01273 720 603 www.ageuk-bh.org.uk

Information and advice for people aged 50+ and their families. Contact Age UK Brighton & Hove for advice on money, housing, social care, how to keep warm in winter and more.



Keep warm, well and save money this winter!

If your home is cold, your health may be at risk.

One of the best ways to stay well in the winter is to keep warm. Keeping warm can help stop colds and flu, as well as serious problems like heart attack, stroke and pneumonia. These problems are more likely if you are:

- aged over 65
- aged under 5
- disabled
- pregnant
- have a long term health condition such as heart or lung disease

See inside and back page for:

Tips to keep warm, well and save money
Where to get free help and advice

Top tips to keep warm, well and save money:

- ✓ Heat your home to at least 18°C (65°F). Keep your bedroom at this temperature all night if you can
- ✓ Keep your bedroom windows closed at night. Cold air can be bad for your health
- ✓ Wear lots of thin layers of clothes made from cotton, wool or fleece
- ✓ Have regular hot food and drinks during the day
- ✓ Keep active - try to move around at least once an hour. If you can, do things like washing up or hoovering to keep warm
- ✓ Close your curtains just before it gets dark. Open your curtains on sunny days to warm your house
- ✓ Don't put furniture or curtains in front of radiators – it wastes heat. Put reflective foil behind radiators to keep heat in (tin foil works)
- ✓ Block draughts around your windows and doors – cheap draught proofing is available from local hardware stores. Do not block chimneys, flues or air vents
- ✓ Check on older neighbours and relatives, especially if they live alone. Make sure they are warm and have enough food and medicines so they don't need to go out when it's very cold
- ✓ If you are worried about someone, contact Access Point at Brighton & Hove City Council on 01273 295 555 or AccessPoint@brighton-hove.gov.uk

Local services that can help

MONEYWORKS

0800 988 7037

www.moneyworksbh.org.uk

A free service for people living in Brighton & Hove. Contact Moneyworks for advice on how to make your home warmer and what to do if you can't pay your bills or you are getting into debt.

