

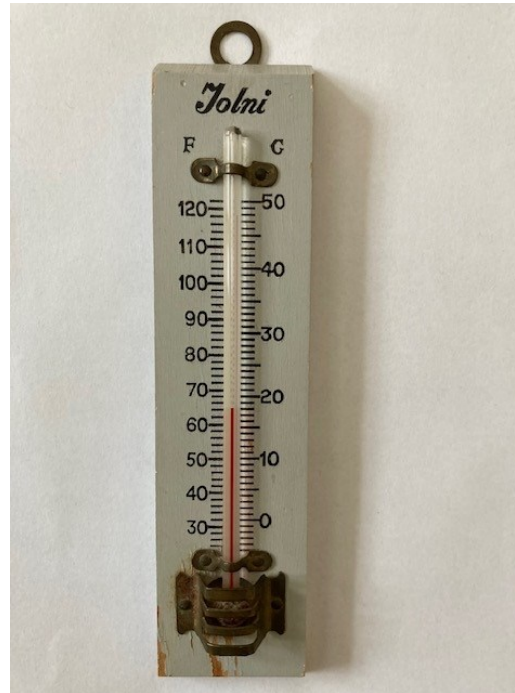
- *** Don't cover up air vents, especially if using an open or gas fire. Some fresh air into any room is essential to keep safe.**
- Don't delay getting your oil or gas boiler serviced annually. Also any gas fire.
- If going outside, shoes need a good grip, especially in snowy or frosty weather.
- If you are on certain benefits there may be financial help available for making your home warmer. We can advise.
- Stretton Climate Care offer a *free "Home Energy Audit"* to help you find ways of reducing your energy costs and making your home more comfortably warm.
- Heavy condensation and mould problems need solving as they are bad for your health. We may be able to help.
- In case you need help in an emergency, or a bit of advice, keep phone numbers handy. Is there a neighbour who will keep an eye out for you?
- Keep flu and covid vaccinations up to date.
- Be scam aware. If it sounds too good it could well be a scam.

Need help or advice on keeping warm this winter.

We are at the Wellbeing Centre every Thursday morning

10.00—12.00

Our services are free.



website: www.strettonclimatecare.org.uk

e-mail: info@strettonclimatecare.org.uk

Tel: 0752 849 3181

Registered charity, No. 1159816
dedicated to reducing carbon emissions in the
Strettons

Nov. 24

**KEEP
WELL
AND
WARM
THIS
WINTER**

Stretton Climate Care is a local charity able to give advice on making your home warmer whilst also saving you money.

We are able to offer advice over the phone, by email or even by a home visit. We are also at the Wellbeing Centre every Thursday 10.00—12.00

- Keeping the curtains closed helps keep more heat in the room. Can you also tuck them behind the radiator?
- Several layers of thin clothing is better than one thick woolly. A woolly hat is also a good idea, we lose a lot of heat through our heads.
- Socks in bed! Why not? Helps to keep our feet warm.
- Draughts are cold air coming into the room, driving warm air out. Use foam draught excluder tape round draughty windows and doors. *
- Home made draught excluders at the bottom of doors can be very effective.

- Reflective radiator panels, especially behind radiators on outside walls help push heat back into the room.
- Thermal linings to curtains help keep the heat in.
- Don't put washing on radiators to dry. Better to stand a clothes rack in front of the radiator over night.
- Keeping your central heating on is often cheaper than running an electric fire in one room.
- Turn down, but not completely off radiators in unused rooms.
- Try and keep living room and bedroom temperatures above 19 degrees, ideally around 21 degrees if you are not physically active.

- If using an electric blanket, make sure it is one designed to be kept on all the time. It may be meant only for warming the bed in advance. A good old fashioned hot water bottle is low cost and very effective but never use with an electric blanket. Electric blankets and throws should be regularly checked for safety.
- A heated throw costs about £40 and has very low running costs per hour. A blanket round you on the coldest of days can also help.
- Regular warm drinks can help to keep you warm.
- Try and keep a stock of food and medications in the cupboard in case of bad weather.
- Don't sleep with a bedroom window open.