

## Useful contacts

For help and advice on heating and insulating your home:

### Countywide information:

- Nottinghamshire County Council Customer Service Centre  
**0300 500 80 80**
- [www.nottinghamshire.gov.uk/caring/keep-warm](http://www.nottinghamshire.gov.uk/caring/keep-warm)
- Energy Saving Trust **0800 512 012**

### Broxtowe, Gedling or Rushcliffe:

- Greater Nottingham Healthy Housing Service **0115 9472 207**

### Newark and Sherwood:

- Newark Energy Action **01636 655596**

[www.choosemysupport.org.uk](http://www.choosemysupport.org.uk)

The first place to look for information and support in Nottinghamshire to help you live independently.

#### Use the website to:

- Search by postcode for local groups, activities and support services
- Contact providers
- Get quotes for services
- Buy products and services online

  
ChooseMySupport



# Keep warm this winter



27°C	<b>Above ideal temperature</b> Turn down your heating to save money and energy.
24°C	
21°C	<b>Ideal temperature</b> Ideal room temperature.
18°C	<b>Below ideal temperature</b> Turn your heating up to 21°C
15°C	
12°C	<b>Too cold</b> This temperature could be a danger to your health.
9°C	

For support or advice:

**0300 500 80 80**

[nottinghamshire.gov.uk/keepwarm](http://nottinghamshire.gov.uk/keepwarm)

**Cold homes have a significant impact on people's health and can lead to serious health problems such as heart attacks, strokes, pneumonia and depression. One of the best ways of keeping yourself well this winter is to keep warm.**

The chances of these problems are higher if you are over 60, disabled, are on a low income or have a long term health condition such as heart, lung or kidney disease.

Approximately 400 people in Nottinghamshire die every year as a result of winter weather and its impact on their health. Many of these deaths could be avoided by people being more aware of the dangers and taking simple steps to keeping warm:

- Use a room thermometer. Your main living room should be between around 18-21C (64-70F) and the rest of the house at a minimum of 16C (61F).
- Get heating, radiators and boilers serviced to reduce the risk of breakdown in cold weather.
- Have chimneys swept, in preparation for winter.
- Have at least one warm meal each day and drink warm drinks.
- Stay warm in bed with socks, thermal underwear and a hat.
- Set heating to come on before you get up and switch off when you go to bed.
- Try to be active during the day. Get out to a local leisure centre or shopping centre if you are able. If you aren't able to do this, get up and move, as light exercise will help to keep you warm.
- Avoid going out in bad weather. If you must go out, wrap up well in plenty of layers.
- Look after elderly friends and neighbours. Make sure they're warm enough, especially at night, and have stocks of food and medicines so they don't need to go out during very cold weather.

### **Cold Weather Payments**

A payment of £25 for every week the temperature falls below zero degrees celsius for seven consecutive days. It is paid automatically to people in receipt of Income Support, income based Job Seekers Allowance, income related Employment and Support Allowance.

### **Winter Fuel Payments**

A lump sum for people over pension credit qualifying age and not in a care home. The general rates are:

- £200 for people under 80
- £300 for over 80s.

### **Have you had your free seasonal flu jab?**

Flu is unpleasant at the best of times, but for people in some groups it can be more dangerous or even fatal. If you're in one of these groups though you'll be able to protect yourself with a free vaccination from your GP. People eligible for the free jab include:

- anyone aged 65 and over
- pregnant women
- children aged two and three

- carers
- anyone living in a residential or nursing home
- people with certain long-term conditions including; those with heart problems, chest complaints or breathing difficulties, kidney or liver disease, lowered immunity, diabetes, those who have had a stroke, those with neurological conditions such as MS or cerebral palsy, or people who have a problem with their spleen.

Contact your GP now to arrange your jab, or visit [www.nhs.uk/flu](http://www.nhs.uk/flu) for more information.

