

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
- Energy Saving Trust website: www.energysavingtrust.org.uk

Broxtowe, Gedling, Rushcliffe or Bassetlaw:

- Nottinghamshire Healthy Housing Service **0115 985 3009** or healthy-housing@nottenergy.com

Newark and Sherwood

- **01636 655596** or help4u@nsdc.info

Ashfield

- **01623 457036** or housinggrants@ashfield.gov.uk

Mansfield

- **01623 463212** or adminpsh@mansfield.gov.uk

www.nottshelpyourself.org.uk

Nottinghamshire Help Yourself is the one-stop place for all health, social care and community information, it aims to ensure people can access the information they need, when they need it.

The site is designed to offer information that helps people to look after themselves and keep active in the community.

www.nottshelpyourself.org.uk



**Nottinghamshire
County Council**

Keep warm this winter



27°C / 81°F

Above ideal temperature

Turn down your heating to save money and energy.

24°C / 75°F

21°C / 70°F

Ideal temperature
Ideal room temperature.

18°C / 64°F

Below ideal temperature

Turn your heating up to 21°C

15°C / 59°F

12°C / 54°F

Too cold

This temperature could be a danger to your health.

9°C / 48°F

For support or advice:

0300 500 80 80

Nottinghamshire.gov.uk/keepwarm

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W Nottinghamshire.gov.uk/keepwarm
E enquiries@nottsc.gov.uk
T 0300 500 80 80

 facebook.com/nottinghamshire

 [@NottsCC](https://twitter.com/NottsCC)

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 in 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 home should be at least 18C (64F).
- 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.

- Keep health risks from alcohol at a low level by following advice about limits.
- 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.

Winter Fuel Payments

A lump sum of between £100 and £300 for people over pension credit qualifying age. There are some restrictions with further information available at:

www.gov.uk/winter-fuel-payment

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 Pension Credit, Universal Credit, Income Support, income based Job Seekers Allowance, income related Employment and Support Allowance.

Warm Home Discount

An annual lump sum of £140 off your electricity or gas bill for eligible customers including those on a low income or in receipt of the Guarantee Credit element of Pension Credit. Claim by contacting your energy company. Further information:

www.gov.uk/the-warm-home-discount-scheme

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 or (for adults) your local pharmacy. 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 for more information.

Priority Services Register

A free service for anyone of a pensionable age, disabled, has children under 5 years old or relies on medical equipment. Customers will be informed of power cuts and are given help, if needed.

For information or to register call **0800 096 3080** or visit www.westernpower.co.uk/psr