

Keeping Warm in Winter



This easy read tells you about keeping warm in winter.

Why it is important to keep warm in winter



Cold homes can be very bad for your health.



One of the best ways of keeping yourself well in winter is to stay warm.

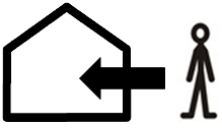


About 400 people die in Nottinghamshire every year because of winter weather and its impact on their health.



Visit the [Age UK](#) and [NHS Choices](#) websites for help on keeping warm and staying healthy in the winter.

Top tips for keeping warm



- Try to not go outside in bad weather.



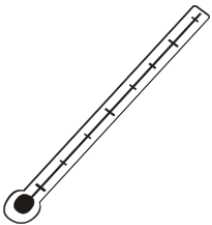
- If you must go out, make sure to wrap up in plenty of layers.



- Try to stay active throughout the day.



- Get heating, radiators and boilers serviced.



- Use a room thermometer. Your living room should be between 18 to 21 degrees Celsius.



- Have at least one warm meal each day and drink warm drinks.

More information



Public Health
England

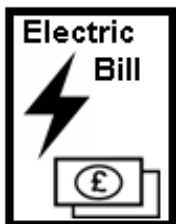
See the [Public Health England Factsheet here](#) about coping with cold weather and Covid-19 for useful information and helpful resources.



Download our [Top Tips leaflet](#) for more help on keeping warm.



Read the [Government's advice on keeping warm and well.](#)



Some people could get £150 off their electricity bill in winter under the Warm Home Discount Scheme.



Visit the [GOV.UK website here](#) for more information about the Warm Home Discount Scheme.

Customer Service Centre



Our Customer Service Centre can answer most of your questions and help with information and form filling.



There are several ways to contact them, including:



Web: [Use our online contact form](#)



Telephone: 0300 500 80 80



Relay UK

Text Relay: 18001 0115 977 4050

People who have hearing or speech difficulties and prefer to communicate via text can use the Text Relay service through the [Relay UK app](#).



SignVideo

Sign Video

People who use British Sign Language to

communicate can use [the SignVideo app](#) to speak with us.



Phone 0300 500 80 80 if you need the information in a different language or format.

Links in this document

Age UK: Winter Advice

ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter/

NHS Choices- winter vaccinations and winter weather

nhs.uk/Live-well/seasonal-health/keep-warm-keep-well/

Public Health England Factsheet

nottinghamshire.gov.uk/media/2898413/keepwarmcovidnov20.pdf

Top Tips Leaflet

nottinghamshire.gov.uk/media/1727824/toptipskeepingwarm.pdf

Government's Advice on keeping warm and well

gov.uk/government/publications/keeping-warm-and-well-staying-safe-in-cold-weather

Warm Home Discount Scheme

gov.uk/the-warm-home-discount-scheme/guarantee-pension-credit

Nottinghamshire County Council – contact us form

nottinghamshire.gov.uk/contactform

Relay UK app

relayuk.bt.com/how-to-use-relay-uk/download-app.html

SignVideo app

signvideo.co.uk/download

For the standard English web page version of this information, go to:

[Keeping warm in winter | Nottinghamshire County Council](#)

<https://www.nottinghamshire.gov.uk/care/adult-social-care/adult-social-care-hub/information-and-advice-to-keep-you-independent/keeping-warm-in-winter>

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