



keep warm and well in East Sussex



If you are struggling to afford to keep your home heated to at least 18°C...

Plan to keep just one or two rooms warm safely

- Check out the best way to use your heating system
- Use your heating controls and thermostatic radiator valves (if you have them)
- Maintain ventilation and air flow to avoid damp and mould

visit:
warmeastsussex.org.uk/keep-warm/diy

Keep yourself warm

- Wear several layers of **non-cotton** clothes
- Keep active indoors
- Have hot drinks and meals
- Use hot water bottles or microwavable wheat bags

visit:
moneysavingexpert.com/utilities/heat-the-human-not-the-home-save-energy

Ask us for help, advice and financial support

East Sussex Warm Home Check service offers free advice, along with home energy efficiency visits for eligible households:
warmeastsussex.org.uk or 0800 464 7307 or text WARMHOME to 88440

East Sussex Fire & Rescue Service offers free home safety visits and electric blanket safety advice: esfrs.org or 0800 177 7069

Housing Support: www.thestreetlink.org.uk/homeless-support
For housing advice contact your local council
eastsussex.gov.uk/community/housing/local-housing-office

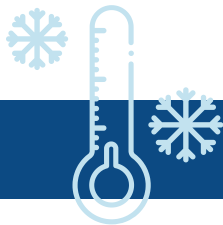
Social Housing: southernhousing.org.uk or 0800 121 60 60
orbitcustomerhub.org.uk/help-support or 0800 678 1221

Family Hubs: familyhubs.eastsussex.gov.uk/about/find-family-hub or 01323 464 655

Details of other organisations and sources of cost of living support
eastsussex.gov.uk/costofliving www.nhs.uk/nhs-services/help-with-health-costs
gov.uk/cost-of-living

Crisis Payment Scheme: citizensadvice1066.co.uk/cps or 0800 054 8354

We're here to help you keep warm and well this winter



**citizens
advice**

Tackling Fuel Poverty Together

Cold Homes Kill

Beware of heating risks

- Reduce fire risk from open fires and portable heaters
- Un-swept chimneys or damp wood can start chimney fires
- Install a carbon monoxide monitor
- You can ask the fire service for a free home safety visit
- Check your electric blanket is safe to use.

visit: www.esfrs.org/your-safety/home-safety-visits
0800 177 7069

Damp and mould

- Causes breathing problems
- Makes asthma worse
- Can cause damage to possessions and buildings
- If you rent your home, you should alert your landlord.

visit:
[energysavingtrust.org.uk/
advice/fixing-damp-and-
condensation](http://energysavingtrust.org.uk/advice/fixing-damp-and-condensation)

Cold causes blood to thicken and blood pressure to rise, increasing the risk of stroke and heart attack

- 18°C ideal for bedroom/ 21°C for living room
- Below 16°C breathing becomes more difficult
- Below 12°C there is strain on the heart and risk of heart attack
- Below 9°C can cause hypothermia and risk of death
- Above 25°C is usually bad for health, especially for getting sleep
- However, older or infirm adults may need slightly higher temperatures
- Newborn babies need lower temperatures: 16°-20°C

To apply for a Warm Home
Check visit:
warmeastsussex.org.uk
call 0800 464 7307
or text WARMHOME to 88440

Preparing for cold weather

Check the weather forecast and the news so you can plan to keep yourself and others safe during periods of cold weather.

If bad weather is forecast, plan ahead and check you have enough medication and food in case it's harder to leave the house.

visit weather.metoffice.gov.uk/forecast/uk

Check out the information on how to stay warm and well in cold weather on the other side of this leaflet and at: www.warmeastsussex.org.uk