



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 (TRVs)
- Maintain ventilation and air flow to avoid damp and mould

visit:  
[warmeastsussex.org.uk/keep-warm/diy](http://warmeastsussex.org.uk/keep-warm/diy)

## Keep yourself warm

- Wear several light layers of warm clothes
- Keep active indoors
- Have hot drinks and meals
- Use hot water bottles or wheat bags

visit:  
[moneysavingexpert.com/utilities/heat-the-human-not-the-home-save-energy](http://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](http://warmeastsussex.org.uk) or 0800 464 7307 or text WARM to 80011

**Citizens Advice** offers energy advice, financial support and fuel vouchers:

[citizensadvice1066.co.uk](http://citizensadvice1066.co.uk) or 01424 869 352

**East Sussex Fire & Rescue Service** offers free home safety visits and electric blanket safety advice: [esfrs.org](http://esfrs.org) or 0800 177 7069

### Social Housing Providers:

**Southern Housing:** [southernhousing.org.uk](http://southernhousing.org.uk) or 0800 121 60 60

**Orbit:** [orbit.org.uk](http://orbit.org.uk) or 0800 678 1221

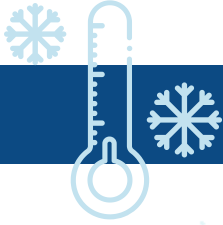
### Details of other organisations and sources of cost of living support

[eastsussex.gov.uk/costofliving](http://eastsussex.gov.uk/costofliving)

[www.streetlink.org.uk](http://www.streetlink.org.uk) (homeless support)

[helpforhouseholds.campaign.gov.uk](http://helpforhouseholds.campaign.gov.uk)

[www.nhs.uk/nhs-services/help-with-health-costs](http://www.nhs.uk/nhs-services/help-with-health-costs)



## 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](http://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
- You can deal with damp and mould by following the steps provided on our web page. If you rent your home, you can also alert your landlord.

visit:  
[warmeastsussex.org.uk/keep-warm/condensation](http://warmeastsussex.org.uk/keep-warm/condensation)

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

Heat your home to at least 18°C

Did you know?

- 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

visit:  
[warmeastsussex.org.uk](http://warmeastsussex.org.uk)  
0800 464 7307  
Text WARM to 80011  
Apply for a Warm Home Check

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](http://www.warmeastsussex.org.uk)