

Top tips

for staying warm and well
this winter

Call us on 0800 954 1956

**WINTER
WELLBEING** 

Reducing fuel poverty, improving
health and progress to work



- 1** Keep warm and set your heating 18°C and 21°C (living areas) 16°C (bedrooms)
- 2** Have regular hot meals and drinks 
- 3** Call us for financial help and advice on grants to stay warmer for less
- 4** Insulate and draught proof your home, call us to see how we can help 
- 5** You could save money by switching energy tariffs 
- 6** Check and service your heating systems yearly 
- 7** Keep moving regularly to help keep warm 
- 8** Get your flu jab, speak to your GP or visit a pharmacist
- 9** Move towards work, volunteering and training  01872 326440
- 10** Look after yourself and check on neighbours 
- 11** To get a free home fire safety check  0800 358 1999 
- 12** Drive safely, consider weather conditions before you drive