

Keep yourself warm

Put on **extra layers** of clothes; several thin layers will keep you warmer than one thicker item.

Drink regular hot drinks and make sure you have at least one hot meal a day.

Keep active; even when you are sitting down arm and leg exercises can help your circulation.

Sitting still during the day? Fingerless gloves, thermal socks, a blanket and a hot water bottle will all help to keep you warm.

Be prepared

Look out for friends and family who might be vulnerable to the cold; especially young children, older people or those suffering from illnesses. Find out if they have enough food and medications and are managing to keep warm at home.

Stay tuned for weather forecasts or you can check with the [Met Office](#) for updates on cold weather alerts.

Check out the NHS [website](#) for advice on winter health; or you can call 111 for non-emergencies.

Heating your home

Heat your home to at least 18°C (65°F), but you may prefer your main living areas to be warmer.

Additional heating such as a gas fire, wood burner, portable electric heater or electric blanket can help you top up the heat, but be aware these will increase energy costs.

Focus your heating on the rooms and times of day when you need it the most.

Get your heating system checked and serviced by a registered engineer to make sure they are operating well and safely.

Draught-proofing

This can be done at any time but it **is particularly important during colder weather**, because it can make your home feel much more comfortable.

We have draught-proofing [DIY guides](#) on our website or you could contact a Handyperson Service to do this for you.

Draw your curtains at dusk to help keep heat in and towels or rugs could be used as temporary draught-excluders.

Going outside

Check the forecast before planning activities, and avoid exposing yourself to cold or icy conditions, especially if you are at risk of cold related illness or falls.

Dress warmly to go outside; wrap a scarf around your mouth to protect your lungs against cold air, and wear shoes with good grip.

Make a plan for clearing snow and ice from walkways; keep an eye out for friends or neighbours who may not be able to clear their own pathway.

Winter Heating Help

If you are eligible for [Cold Weather Payments](#), [Winter Fuel Payment](#) or [Warm Home Discount Scheme](#) **make sure you are registered to receive them this winter**.

Check with your energy supplier that you are receiving any extra help from them, such as the [Priority Service Register](#).

Give us a call

For **more advice** and information, or if you know someone struggling to keep warm and well, please call us on Freephone 0800 804 8601.

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