

E-NEWS

Winter Warmer Extra December 2019

A warm, cozy winter scene. In the foreground, a dark blue ceramic cup filled with a golden-brown soup is steaming. A silver spoon rests in the cup. To the left, a thick, grey crocheted blanket is draped over a surface. In the background, a vase of vibrant red flowers sits on a wooden surface. The overall atmosphere is warm and inviting, with soft lighting and a plaid pattern visible in the background.

**Keep
Warm
This
Winter**

Making Peacehaven a better place to live, work and visit

EIGHT WAYS TO KEEP THE HEAT IN

1. Wrap up warm

Dress in layers and wear a hat, gloves and scarf. Clothes made from wool, cotton or fleecy fabrics are warmest. When you're indoors, wear warm socks and slippers to keep your feet cosy.

2. Keep the cold out

Close doors and use a keyhole cover to block draughts. Buy thermal linings for curtains to keep the heat in.

3. Don't use alcohol to keep warm

Avoid drinking alcohol before going, or when, outside. It makes you feel warm because blood vessels in the skin expand, but this draws heat away from your vital organs.

4. Check your heating

Have your heating system serviced regularly to make sure it works well.

5. Have warming food & drinks

Have regular hot drinks and food such as porridge, soups and stews

6. Maintain the temperature

Keep your main living room at 18–21°C (64–70°F) and the rest of your house at 16°C (61°F) at least. If you can't heat all the rooms you use, heat the living room during the day and the bedroom just before you go to sleep. In bed, use either a hot water bottle or an electric blanket.

7. Stay active

Keep as active as possible to boost your circulation. Move around at least once an hour and avoid sitting still for long periods. Even light exercise will help keep you warm. When you do sit down, put your feet up as it's coldest nearest the ground.

8. Check what support you can get

Don't miss out on benefits. Depending on your circumstances you may get the Winter Fuel or Cold Weather Payments automatically. If you don't, visit gov.uk/winter-fuel-payment or call 03459 15 15 15 to see if you're eligible.

You may also be entitled to claim an Affordable Warmth Grant, which could help with heating and insulation improvements. For more information, call the Energy Saving Advice Service on 0300 123 1234 or visit gov.uk/energy-company-obligation.



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ENERGY ADVICE THIS WINTER



Lewes District Citizens Advice are running an exciting project over the winter months to help people to keep warm and healthy in their homes.

Citizens Advice has secured funding from energy suppliers to deliver one to one energy advice from now until the end of March 2020.

We want to help people to get the best deal from their supplier and help them to understand tariffs, bills and the fuel options open to them.

Some residents may already be in arrears and have concerns about how they are going to pay their bills over the winter months when their energy consumption is likely to increase.

We can help with identifying energy efficiency measures, thermal efficiency measures and even identifying grants that may help to reduce the arrears.

Our trained advisers can use the appointment to flag up likely benefit entitlement including checks for eligibility and applications for Warm Home Discounts and inclusion on the Priority Services register. Although we anticipate that most appointments will take place in one of our offices we are also able to give advice over the phone or even by email if easier.

Please contact us for more information and advice by calling us on 03444 111 444 or visiting one of our offices in Newhaven, Lewes or Seaford or check out our website www.lewesdistrictcab.org.uk for further details.

HOW TO PROTECT YOURSELF

You're at greater risk of a heart attack or stroke when you have an illness such as flu, and if you have heart disease, you're more likely to get complications from flu.

So it's a good idea to get your annual flu jab and the pneumococcal jab if you're eligible. You can get them free on the NHS if you're aged 65 or over or you have a chronic condition such as heart disease.

You need a flu jab every year as the strains of the virus in circulation change frequently.

The pneumococcal jab is a one-off vaccine, which protects against a bacterium that causes pneumonia, meningitis and septicaemia.

10 easy tricks from British Gas on How to keep your house warm this Winter, follow this link:-
<https://www.britishgas.co.uk/the-source/your-home/improving/winter-warm-home-tips>

FIVE WAYS TO STAY HEALTHY THIS WINTER

1. Banish winter tiredness. Many people feel tired and sluggish during winter
2. Eat more fruit and veg
3. When it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food
4. Drink more milk
5. Try new activities for the whole family
6. Have a hearty breakfast.

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STORE CUPBOARD TIPS

Keeping a store cupboard of ingredients is a great way to make sure you have healthy options to hand. And by doing that, there is less chance that you'll be tempted by quick takeaway or ready meal options, which, although convenient, can come loaded with salt and saturated fat.

When you stock up your cupboards, make sure you have easy, warming and also healthy options that you can put together to make a balanced meal quickly.

You'll need starchy carbohydrates such as brown rice, wholewheat pasta and couscous, and some proteins such as tinned fish in spring water or tomato sauce. Don't forget about dried or tinned beans and other pulses try a Tuscan bean and vegetable stew and, of course, vegetables and fruit. These can be tinned or frozen and kept in your freezer.

To make healthy meals more interesting, stock up on spices to add flavour. Chilli or curry powder can provide a different kind of heat to your meals too. We Brits love to talk about the weather, and every freezing spell is guaranteed to make newspaper headlines. But a cold snap is more than just a conversation starter.



EAT WELL

A balanced diet will help keep you warm and healthy in the winter. Make sure you and your family eat at least one hot meal a day like soup which is nutritious, keeps you warm and is inexpensive to make or buy.

STAY ACTIVE & STAY IN TOUCH

Staying active is good for your health. Walking, for example, can be good for you. If the weather prevents you getting outside, stay active indoors by catching up on all the household tasks you've been putting off.

Stay in contact with friends and family, especially if you've been stuck in the house for a few days. If you have elderly relatives or neighbours who might need help, check up on them.





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Contact your local council for signposting for a benefits check and advice on any other financial support you may be eligible for. If you are having difficulty paying your heating bills, contact the council to find you the right kind of support.

Contact the Winter Fuel Payment helpline if you receive Pension Credit, or certain other benefits, because you are automatically paid a Cold Weather Payment when the temperature is at 0°C (32°F) or below for seven days in a row.

You may be entitled to a Warm Home Discount on your electricity bill if you are on a low income. It is a one-off discount on your energy bill, usually made between October and March. Check with your energy supplier or ask an advice agency. Find out more at www.gov.uk/the-warm-homediscount-scheme

Online benefits calculator: www.turn2us.org.uk
Make sure you are not missing out on any benefits or discounts you are entitled to that will help you keep your home warm.

Helpful telephone numbers
Print out this page and write down these numbers

Gas supplier

Electricity supplier

Water supplier

Plumber

My local pharmacy

My GP practice

My local Age UK

Other

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Charis Grants directs people to grants to clear utility debts owed to certain energy providers.
Tel: 01733 421 021. www.charisgrants.com

Cinnamon Trust Charity for older people and their pets. It has volunteers who may be able to walk your dog for you in icy conditions.
Tel: 01736 757 900. www.cinnamon.org.uk

Citizens Advice Consumer Service A consumer advice and complaints service. Tel: 0345 404 0506.
www.citizensadvice.org.uk

Energy Saving Trust provides free advice on saving energy.
Tel: 0300 123 1234. www.energysavingtrust.org.uk

Floodline Free 24-hour service that provides flood warnings by phone Tel: 0345 988 1188.

Gas Safe Register You can check if an engineer is on the register by visiting the website.
Tel: 0800 408 5500.

If you suspect a gas leak, call 0800 111 999.
National Flood Forum offers support and representation to communities and individuals at risk of flooding. Tel: 01299 403055. www.nationalfloodforum.org.uk

NHS 111 Free NHS 24-hour helpline for advice on urgent but non-life-threatening symptoms www.nhs24.com

NHS Choices provides web-based information about NHS services, healthy living and health conditions.
Fuel Payment helpline Tel: 03459 15 15 15.
www.gov.uk/winter-fuel-payment

Age UK Advice: 0800 67 81 174. Lines are open seven days a week from 8am to 7pm.

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Peacehaven Town Council

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