

Cumbria Community Foundation supported by Age UK West Cumbria has produced this fact sheet as part of the Winter Warmth Campaign to give some simple easy to follow tips to help people keep warm.

Winter can be a difficult time for many people. Some older people find it difficult to pay bills and heat their homes and may have to choose between paying for heating or eating. Poor weather conditions can cause isolation among many vulnerable people including the elderly as they are unable to go out

We all know/might know someone that may be vulnerable to the effects of the cold this winter. We can help them to keep warm and be healthy by encouraging them to follow a few simple steps:

- Wear several thin layers to help trap warm air close to the body
- Wear clothes made from wool, cotton or fleecy fabrics
- Wear warm clothes in bed if it's really cold consider wearing a hat
- Cut out draughts and stop heat escaping by drawing curtains
- Keep any windows and internal doors closed when it's cold - this will keep heat inside
- Have regular hot meals and warm drinks
- Keep moving, even doing chair based activities like wiggling your toes
- If you're sitting down, a shawl or blanket will provide extra warmth
- Make sure you have a flu jab
- Have your heating system serviced regularly
- Fit thermal linings to curtains to help to keep the heat in
- Get help with heating costs, useful organisations to contact are listed below

Here are some tips that we can all follow to save energy and keep fuel costs down

- Turn off the lights if you are not in the room
- Don't leave electrical items on standby
- Only boil as much water as you need.
- Turn off any electrical chargers once finished
- Avoid blocking radiators

Useful organisations to contact:

To claim a free 'Winter Wrapped Up' information guide from Age UK call 0800 169 65 65

