This winter there are more than six million UK households living in fuel poverty. Around two thirds are in rural areas.

The ratio of winter related deaths is higher in Cumbria than most of the UK, the elderly are among the most vulnerable. There are more heart attacks and strokes in the winter months. Parts of Barrow and the Eden valley have some of the worst fuel poverty in the UK.

People die because they can’t keep warm in the winter. An average of 300 deaths occur in Cumbria each year due to the effects of the cold weather on rural households.

“The money helped towards the oil bill. The price of oil has doubled in the past five years. It used to cost £400 to fill the tank, I was astounded when it cost £1,000.”
—Widow, 73, Keswick

“I don’t know how the hell I survived last winter; I was robbing Peter to pay Paul. I hope we don’t have another winter like last winter; I can only afford to run one bar on the heater. My cooker blew up and I can’t afford to replace it. The Winter Warmth Fund grant really helped.”
—Jean, 68, Carlisle

“I didn’t know these grants existed. It is good of people to give their Government Winter Fuel Payment to Cumbria Community Foundation’s Winter Warmth Fund. It is nice to know that there are some good people in this world who would give it back to those who haven’t got.”
—Violet, 91, Eden

“Please support the Winter Warmth Fund if you can because sadly some people this winter will have to make the choice between eating and heating.”
—Sir Chris Bonington

Cumbria Community Foundation works in partnership with organisations such as Age UK to offer advice to older and vulnerable people to help them out of fuel poverty in the long term.

For ideas on how people can stay safe and warm this winter and how you can help people in your community, visit our website: www.cumbriafoundation.org

Help older people in Cumbria stay warm and safe this winter

“The Cumbria Winter Warmth Appeal is part of the national Surviving Winter Campaign.

In association with:
Cumbria Community Foundation's Winter Warmth Appeal collects your warm generosity and shares it with people in need. The Winter Warmth Fund is a simple way to help protect vulnerable people from the worst of the weather. The money raised from the appeal will be used to support older people across Cumbria this winter.

If you get the Government's Winter Fuel Payment but would rather give it to someone who needs it more, we can do that. If you don't get a Winter Fuel Payment; you can still make a donation.

The money you donate will keep some of Cumbria's most vulnerable people safe. Donate to the Winter Warmth Fund and help them stay warm and healthy this winter.

I would like to give (please tick):

- £100
- £150
- £200
- £250
- Other (please specify) £

If you are a UK tax payer, Cumbria Community Foundation can claim a tax repayment of 25p for every £1 donated as long as you pay income or capital gains tax at least equal to the amount claimed as Gift Aid in the tax year. Higher rate tax payers can claim additional relief.

Remember to notify us if you no longer pay an amount of income tax / or capital gains tax equal to the amount of tax we reclaim in your donation.

Name: ____________________________
Address: ____________________________
Postcode: ____________________________
Tel: ____________________________
Email: ____________________________
Signature: ____________________________ Date: ____________________________

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