



"I have COPD and need the heating on all the time to breathe properly. Last winter our boiler was condemned, and we had no heating for three months. We borrowed an electric fan heater and bought some electric blankets to try to keep warm. The grant helped towards the additional heating costs and we're very grateful for that."

George, 74, Whitehaven



"Please support the Winter Warmth Appeal if you can because sadly some people this winter will have to make the choice between heating and eating."

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 for the long term.

"It made a definite difference, everyone is looking for money for their bills, and being ill, I need the heat more."

Isabel, 83, Penrith



"I live on my own and I only put one radiator on because I'm frightened of what the costs will be if I heat the whole house. I tend to use a hot water bottle instead. I received a grant last year and it made a big difference. I think people who donate to the appeal are marvellous."

Joe, 78, Egremont



Helping older people in Cumbria stay warm and well this winter



1 in 8

households are living in fuel poverty in Cumbria

The ratio of winter related deaths is **higher in Cumbria**



than most of the UK, and the elderly are among the most vulnerable



An average of 300 deaths

occur in Cumbria each year from causes worsened by cold conditions

Surviving Winter



cumbrialife
MEDIA PARTNER

ROSELANDS TRUST



CUMBRIA
COMMUNITY FOUNDATION

300 Cumbrians die every winter because of the cold

Fuel poverty is one of the hidden issues of our rural county which greatly affects the health and wellbeing of those who cannot heat their homes.

Across Cumbria, more than 28,000 households - or 1 in 8 - are living in fuel poverty and every winter they make the harsh choice between heating and eating.

Older people who live in poorly insulated, cold homes are more likely to become seriously ill and even die during the winter. To keep warm, they must turn their heating up but with sharp increases in energy prices, many pensioners cannot afford to do so. Many suffer in silence during the coldest months, often hidden from view.

In a bad winter, an extra 300 older people in our county will lose their lives to the effects of the plummeting temperatures. In our worst winters, this figure has risen to more than 500. This could be someone living in your village or town.

Your donation could literally help save someone's life by helping them stay warm and well this winter.



"Where I live is beautiful but can be very cold. I am disabled so I don't get out in winter, the grant is a godsend, and it makes such a difference. It means I can afford to buy a bit more oil and coal when it runs low. I cannot thank people enough."

Elsie, 80, Carlisle



"I can understand how some people are frightened to put their heating on, or go without food. I only put my heating on when it's really cold, for about half an hour, just to warm the place up but this grant meant I could keep it on for longer."

Sheila, 74, Carlisle

Cumbria Community Foundation launched the Winter Warmth Appeal in 2010 after someone who received the government's Winter Fuel Payment wanted to give it to someone who needed it more.

The money raised is shared with those most in need and more than a thousand older and vulnerable people are supported each year.

Grants from the Winter Warmth Appeal might pay for fuel bills, warm clothes and blankets, transport to doctors' appointments or a cupboard full of food. Cumbria Community Foundation works in partnership with Age UK to reach as many of the most vulnerable people in our county.



The Winter Warmth Appeal is a simple way to help protect vulnerable people from the worst of the weather

Make a donation

- ✓ Online at: www.cumbriafoundation.org/winter-warmth-fund/
- ✓ By cheque payable to "Cumbria Community Foundation" with 'Winter Warmth' on the back. Please send your cheque and this form to: Cumbria Community Foundation, Dovenby Hall, Dovenby, Cockermouth, Cumbria CA13 0PN

Donation amount: £

Other (please specify): £

First Name: Last Name:

Address:

Postcode: Telephone:

Email:

Signature: Date:

Boost your donation by 25p of Gift Aid for every £1 you donate

We can reclaim Gift Aid from the tax you pay for the current tax year. We need your address to identify you as a current UK taxpayer.

Please treat: (tick as appropriate)

- The enclosed gift as a Gift Aid donation; OR
- All gifts of money that I make today and in the future as Gift Aid donations; OR
- All gifts of money that I have made in the past 4 years and all future gift of money that I make from the date of this declaration as Gift Aid donations.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Please notify us if you:

- Want to cancel this declaration
- Change your name or home address
- No longer pay sufficient tax on your income and/or capital gains.

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue & Customs to adjust your tax code.

Where possible, we will communicate with you by email. We would also like to send you additional information about our activities and fundraising opportunities. You can unsubscribe from those e-communications at any time.

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