

Keeping warm and well

Information around how to keep safe
in the cold weather.



[www.derbyshire.gov.uk](http://www.derbyshire.gov.uk/staywellthiswinter)
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The cold weather can cause problems for some people. So we've put together some useful information about how to keep you and your family well during winter.

Be prepared!

If you are not on mains gas or electricity, make sure you have a good supply of heating oil or LPG or solid fuels, so you don't run out of fuel over winter

Ensure all heating and cooking appliances are checked by a Gas Safe registered engineer

Stock up on tinned and frozen food to avoid going out when it's cold or icy

Watch the weather forecast and prepare for the colder weather. You can sign up for cold weather alerts on the Met office website at

www.metoffice.gov.uk

Contact your water and power suppliers to see if you are eligible to be on the Priority Services Register. Find out more at

www.derbyshire.gov.uk/priorityservicesregister

Try to prevent any trips, slips and falls as these are one of the biggest causes of hospital admissions for older and more vulnerable people.

Find out more about falls prevention at www.derbyshire.gov.uk/falls and contact Age UK Derby and Derbyshire for information about falls prevention classes

Get winter tyres fitted to your car and keep items such as jump leads, warm clothing and a blanket in your car in case of break downs.

Medications

- Take up any winter vaccines you are offered to help you stay well this winter.
- Make sure you have enough medication at home in case you are unable to go out due to bad weather
- If you want more advice about protecting your health during the winter visit www.NHS.uk/keep-warm

Keep your home warm

- Heat your home to at least 18°C
- Draw your curtains at dusk to help keep the heat generated inside your room
- Insulate and draft proof your home
- Check if there are any grants or benefits available to you to help with bills and/or energy efficiency
- There's lots of advice at www.derbyshire.gov.uk/staywarminwinter

Keep yourself warm

- Make sure you are layered up with lots of thin layers of clothing made from wool, cotton, or fleecy material
- Always wear socks and good fitting slippers with good grips when inside and change into shoes with a good grip when heading outside to prevent trips, slips and falls.
- If you use an electric blanket always use it as instructed. Get it tested for safety every three years. Don't use it with a hot water bottle
- Have plenty of hot food and drinks throughout the day.

Keep moving

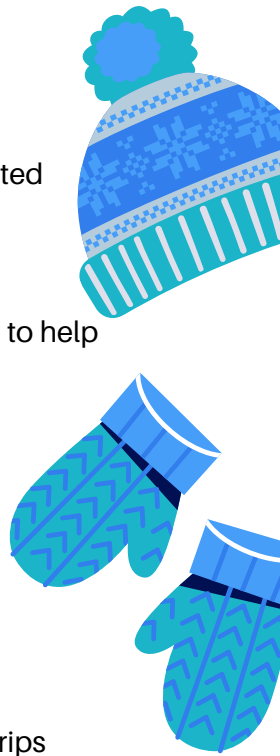
Exercising can help you keep warm – If possible, move around at least once an hour.

If it is difficult to move about then stretching your arms and legs can also help you keep warm

If you have a health concern then please speak to your GP before starting any exercise plans.

Watch out for symptoms of hypothermia such as shivering, lips going blue, slurred speech and unusual clumsiness. Find out more at

www.nhs.uk/conditions/hypothermia



Keep in touch with neighbours, family and friends in cold weather. Make sure you let someone know if you need some practical help, are feeling unwell or if you just want a chat

Other useful information

If you are struggling to pay your energy bills then we recommend that you talk to your energy supplier as early as possible.

Ofgem rules state that your supplier has to help. This will usually be by negotiating a payment plan with you. In addition some suppliers have financial help funds.

Think Which Service

Get the right healthcare advice, support and treatment as quickly as possible. Visit: joinedupcarederbyshire.co.uk/stay-well/think-which-service

Welfare Rights

Our Welfare Rights team can check you're claiming all the benefits you're entitled to.

Call: 01629 531535.

Visit: www.derbyshire.gov.uk/welfarebenefits

Marches Energy Agency

Warmer Derbyshire (MEA) can give advice on energy costs.

Call: 0800 6771332

Email: wdd@mea.org.uk

Affordable Credit Team

Find out about safe, lower cost borrowing options with Credit Unions and Community banks. Visit: www.derbyshire.gov.uk/creditunions

Citizens Advice

Citizens Advice can offer support and information around debt and energy costs. Find your nearest branch at www.citizensadvice.org.uk

Mental health support

If you find yourself feeling isolated or overwhelmed over the winter months you can reach out for support. Visit: www.derbyshire.gov.uk/mentalhealth