



Be prepared for winter

Your guide to keeping warm this winter



Keep the warmth in by

- Installing draught proofing to seal any gaps around windows and doors
- Ensure you have adequate loft insulation and if you have cavity walls ensure that they are adequately insulated
- Insulate your hot water cylinder and pipes
- Draw your curtains at dusk to help keep heat inside your rooms
- Make sure that your radiators are not obstructed by any furniture

Recommended indoor temperatures

- Heating homes to at least 18 °C (65) in winter is recommended for a normal healthy person, wearing suitable clothing
- The 18 °C threshold is particularly important for people aged over 65 or those with pre-existing medical conditions
- The 18 °C threshold also applies to healthy people aged under 65. However, if they are wearing appropriate clothing and are quite active, they may choose to heat their homes to a slightly less temperature

Overnight

- Maintaining the 18 °C threshold overnight may be beneficial to protect the health of those aged over 65 or with pre-existing medical conditions
- Keep your home well ventilated to help prevent condensation and damp
- Never use a gas cooker or oven to heat your home as there is a risk of carbon monoxide poisoning
- Make sure that you have a supply of heating oil, LPG or solid fuel if you are not on the main gas network

Look after yourself

- Food is a vital source of energy and helps to keep your body warm so have plenty of hot food and drinks
- Aim to include five daily portions of fruit and vegetables. Tinned and frozen vegetables count towards your five a day
- Try and stock up on tinned and frozen foods so you don't have to go out too much when its cold or icy
- Exercise is good for you and helps to keep you warm and healthy. If possible, try to move around at least once an hour
- Wear lots of thin layers - clothes made from cotton, wool or fleecy fibres are particularly good and maintain body heat



- Wear well-fitting slippers with a good grip indoors and shoes with a good grip outside to prevent trips, slips and falls
- Make sure you have spare medicine at home in case you are unable to go out

Look after others

- Check on older neighbours or relatives, especially those living alone or who have serious illnesses to make sure they are safe, warm and well

Warm Homes Scheme

Residents in Knowsley may be able to benefit from assistance with their heating and electrics through the Warm Homes Scheme. To be eligible for assistance residents must own their own home and either be;

- Aged 60 and over on an eligible income related benefit or low income
- A parent or legal guardian of a child under 5 on an eligible income related benefit or low income
- A parent or legal guardian of a child aged 5 to 17 on an eligible income related benefit or low income and suffers with a long term health condition which is affected by the cold

To find out more about the scheme you can call the Council's Energy Officer, Simon Rugen, on **0151 443 5817**.

Winter Warm Campaign

Knowsley's Winter Warm Campaign will be taking place again this year at various Community Centres across Knowsley from December 2017 to February 2018. The project is aimed at residents aged 65 and over and will raise awareness of the importance of keeping warm and healthy during winter, promote energy saving schemes and help to reduce social isolation.

For further information and to find out where your nearest session will be taking place, you can call Lynsey Welsh, on 0151 443 3387.

Information on Jobs

- If you're 65 or over you can get your annual flu jab from your GP
- If you haven't had a pneumonia jab this is available to over 65s (only required once)
- The following age groups are eligible for the shingles jab
- Aged 70 years plus anyone in their 70's born after 1 September 1942 and has not yet had the vaccine
- Aged 78 years plus anyone aged 79 years old who missed out on the vaccine





Support and advice

For free, no obligation advice and guidance on keeping warm and healthy this winter, and any grants* which may be available, contact:

Knowsley Council Energy Officer

Advice on energy efficiency and various schemes

Call **0151 443 5817**

Collective Switch

Reduce your energy bills with the Liverpool City Region Collective Switch

Call **0800 043 0151**

Warm Homes Discount

You could get £140 off your electricity bill through the discount

Call **0345 603 9439**

NHS 111 Service

For Health advice and reassurance 24 hours a day, 365 days a year

Call **111** (Freephone number)

Winter Fuel Payments

If you are over 60, you may be able to receive between £250 and £400

Call **0345 915 1515**

Knowsley Financial Inclusion Team

Information and guidance about money matters such as debt, budgeting and Pensions

Call **0151 477 6023**

Knowsleys Older Peoples Voice and Healthwatch

Help on issues affecting older people

Call **0151 449 3954**

*Eligibility for grants is dependant on age, benefits and tenure

For advice and support around health and wellbeing please go to www.healthyknowsley.co.uk



Knowsley Council