

keeping warm this



1. Eat for Warmth - regular hot meals and hot drinks provide warmth and energy

2. Keep moving - any activity, even vacuuming gets circulation going and makes you feel warmer

3. Dress appropriately - wrap up warmly, indoors and out, ideally several layers of thin clothing

4. Keep your home at the right temperature - hang thermometers in the living room and bedroom and keep temperatures between 21 and 24 degrees centigrade (70 and 75 fahrenheit).

5. Keep warm at night - wearing the right clothing to bed is as important as wrapping up outdoors.

6. Insulating your home is one of the most cost effective ways of reducing your energy consumption and saving money on fuel costs. Please contact the Affordable Warmth Team on 0121 303 6148 for further information.



7. Get a Flu jab - the flu virus changes every year so get your jab EVERY YEAR.

8. Sleep with your windows closed, cold air on the head at night has been shown to increase blood pressure.

9. Claim your rightful benefits and grants, everyone over 60 should claim the Winter Fuel Payment and there are many other benefits and grants you may be be entitled to. Call SeniorLine to find out more on 0808 800 6565.

10. Apply for grants and programmes; there are many free products and services designed specifically for older people. Contact major energy suppliers to find out what they have on offer.

