

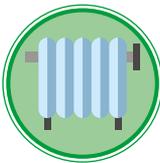
# Keep Warm Stay Healthy this Winter



**Keep your home warm to stay healthy this winter.**

**Find out how to make your home warmer and  
keep energy costs down.**

**Being warm and cosy in your home will help  
protect you and your family's health.**



**This leaflet has been produced by the Halton Affordable Warmth Group**

**HELP US  
HELP YOU**

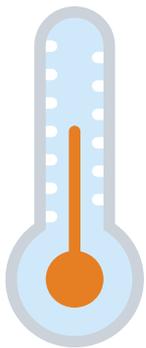
**STAY WELL THIS WINTER**

  
**HALTON**  
BOROUGH COUNCIL

## Who is more at risk from the cold?

- People over 65
- Children under 5
- Pregnant women
- People with a long term health condition such as diabetes, respiratory illnesses, heart, liver or kidney disease or neurological disease.
- People with a weak immune system
- People with a disability

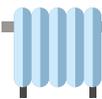
## What's the best temperature to stay healthy and warm?



|      |   |
|------|---|
| 27°C | Over 24°C is HOT. Try to reduce the heat but stay warm.   |
| 24°C | Just a 1°C reduction can save energy and heating costs.   |
| 21°C | 21°C is an ideal temperature to keep you warm and healthy   |
| 18°C | 18°C is the minimum night-time bedroom temperature for adults and older children. You might feel cold but there should be no risk to your health.   |
| 16°C | The ideal temperature for a baby's room is between 16°C and 20°C. This is for safe sleep and to avoid your baby getting too hot. Use light bedding or a lightweight, well-fitting baby sleep bag. |
| 15°C | At 15°C , you might start to feel uncomfortable and there is a higher risk of chest & breathing problems.   |
| 12°C | 12°C is too cold and may increase blood pressure and your risk of heart attack or stroke.   |
| 9°C  | At 9°C or less there is a high risk of hypothermia.   |

## Top Tips for getting ready for Winter

- Get your flu jab if you are eligible (It's free for people over 65, anyone with a long term condition, carers, pregnant women and young children). Speak to your GP or pharmacist for more information.
- Keep your bedroom windows closed at night.
- Make sure you have enough food and supplies in the house if a cold snap is forecast.
- If you take medications make sure you take them regularly and have enough in stock in case you can't get out of the house.
- Keep your home warm. If you are having trouble with your heating system or paying your bills, there is help available. Call one of the organisations listed in this leaflet for free help and advice.



## Collective Energy Switch

Thousands of people across the region have joined the Collective Switch to get a better deal on their energy bills. Together they have saved over £1.5 million since 2013!

By joining the scheme you will get exclusive offers on energy tariffs, often the best on the market and only open to members. You can also switch to other tariffs on the market, and we will help you find the one that's right for you.

**Register by calling Freephone 0800 043 0151 or visit  
[www.LCReenergyswitch.co.uk](http://www.LCReenergyswitch.co.uk)**

## Where to get help and advice in Halton

- Is your heating system or boiler working and in good condition?
- Is your home well insulated?
- Are you eligible for a warm homes discount?
- Are you paying the right amount for your gas and electricity?

To find out, call **The Save Energy Advice Line**, run by Energy Projects Plus (EPP). EPP can also offer free energy advice calls under the **LEAP** scheme.

**Call 0800 043 0151 for details.**

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If you live in privately rented accommodation or you own your own home, Cheshire Green Doctor can help you with finding the best energy tariff, installing energy saving measures and more.

**Call 0330 1740 863 or email [cheshire.greendoctor@groundwork.org.uk](mailto:cheshire.greendoctor@groundwork.org.uk)**

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- Are you receiving the right benefits?
- Are you struggling to pay for your gas and electricity?

**Citizens Advice Halton provides free advice. Call 0151 257 2449 or email [advice@cahalton.org.uk](mailto:advice@cahalton.org.uk)**

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Be wary of cold callers who contact you out of the blue saying you qualify for government grant for a boiler, insulation, new windows or other home improvement. Never take what they say at face value and find out what schemes are in your area by contacting **EPP on 0800 043 0151**.

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If you rent, your landlord must ensure your heating system is safe and in good working order. This applies to private landlords as well. Contact them if you have any doubts. Halton's Environmental Protection Team can help if you have problems with your landlord.

**Call: 0303 333 4300 or email: [environmental.protection@halton.gov.uk](mailto:environmental.protection@halton.gov.uk)**

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**If you would like to find out more and speak to someone about your situation, you can complete our online form:**

**<https://halton.me/affordable-warmth>**