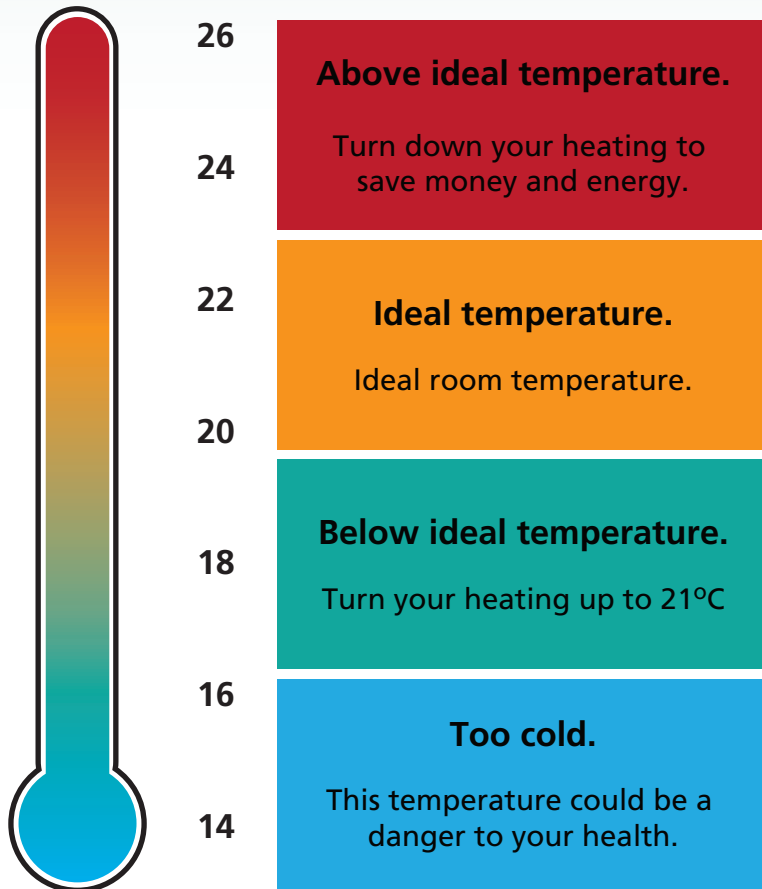




Warm and well in Warwickshire




Feeling the cold?
Call for advice & practical help

Freephone 0800 988 2881

advice@actonenergy.org.uk





Organisations across Warwickshire are working together to help keep you warm this winter. We can give you advice, tips and practical help on keeping warm and making you home energy efficient.

Are you or your neighbour at risk? Signs to look for:

No visible signs of heating.

The house is cold or draughty or you can smell damp.

Only one room is heated.

Evidence of homemade draught proofing.

Little or no insulation.

Householder complains of always being ill.

Householder wearing lots of clothing.

Householder complains of not being able to afford heating bills.

Tips for keeping warm this winter:

- ✓ Keep internal doors closed to stop draughts.
- ✓ Have at least one hot meal a day. Have hot drinks throughout the day.
- ✓ Layer up – many layers of clothing are best several thin layers are better than one thick jumper.
- ✓ Use an electric blanket or heat pad.
Thermal underwear and a pair of socks in bed for extra warmth in very cold weather
- ✓ Close curtains at dusk.
- ✓ Ensure your heating is 21°C in your home.
- ✓ Make sure your heating system comes on at least 30 minutes before you get up in the morning
- ✓ Rural areas: sweep chimneys if you have open fires.
Contact your energy supplier to find out about social tariffs or priority services register.
- ✓ Ensure your home is well insulated and your boiler is serviced.

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