

Cold Weather Tips

Cold weather can affect your health; particularly if you are aged 65 or over, have a long term condition such as heart or lung disease, or have reduced mobility.

Wrap up warm, inside and out. Wear lots of thin layers. Clothes made from cotton, wool or fleecy fibres are particularly good and help to maintain body heat.

When you're indoors, try not to sit still for more than an hour or so. Get up, stretch your legs and make yourself a warm drink.



Heat your home
to at least
18c
day and night

Food is a vital source of energy, which helps keep your body warm. Try to make sure that you have hot meals and drinks regularly throughout the day and keep active in the home if you can.

Don't delay in getting treatment for minor winter ailments like colds or sore throats. Visit your local pharmacist for advice on treatment before it gets worse so you can recover quicker.

For more information please contact us:

Dover: **01304 241684**

Canterbury: **01227 706045**

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Cold Weather Tips for Carers

In addition to the tips overleaf, here are some additional things that could be done to keep your loved one safe during cold weather.

- Contact your water and power suppliers to see if you can be on the Priority Services Register, a service for older and disabled people.
- Have your heating and cooking appliances checked by a Gas Safe registered engineer to make sure they are operating safely.
- A Winter Fuel Payment of between £100 and £300 tax-free is available to help you pay your heating bills if you were born on or before January 5 1953. <https://www.gov.uk/winter-fuel-payment> for more information.
- Under the Energy Company Obligation (ECO) the largest domestic energy suppliers are obligated to fund energy efficiency improvements in the homes of certain consumers. To meet their obligation, participating energy companies promote and subsidise the cost of installing improvements. The Energy Saving Advice Service (ESAS, Govt funded service) can be contacted on **0300 123 1234** (9am to 8pm Monday to Friday and 10am to 2pm on Saturday) for advice.
- Contact your GP or pharmacist if you think you, or someone you care for, might qualify for a free flu jab: free vaccinations are available for those who are aged 65 or older.
- The Met Office advises putting grit or cat litter on paths and driveways to lessen the risk of slipping.

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