



If you are struggling to afford to keep your home heated to at least 18°C...

Plan to keep just one or two rooms warm safely

- Check out the best way to use your heating system
- Use your heating controls and thermostatic radiator valves (if you have them)
- Maintain ventilation and air flow to avoid damp and mould

visit:
warmeastsussex.org.uk/keep-warm/diy

Keep yourself warm

- Wear several light layers of warm clothes
- Keep active indoors
- Have hot drinks and meals
- Use hot water bottles or microwavable wheat bags

visit:
moneysavingexpert.com/utilities/heat-the-human-not-the-home-save-energy

Ask us for help, advice and financial support

East Sussex Warm Home Check service offers free advice, along with home energy efficiency visits for eligible households:

warmeastsussex.org.uk or 0800 464 7307 or text WARM to 80011

Citizens Advice offers energy advice, financial support and fuel vouchers:

citizensadvice1066.co.uk or 01424 869 352. Energy Advice: 0800 1456879

East Sussex Fire & Rescue Service offers free home safety visits and electric blanket safety advice: esfrs.org or 0800 177 7069

Social Housing Providers:

Southern Housing: southernhousing.org.uk or 0800 121 60 60

Orbit: orbitcustomerhub.org.uk/help-support or 0800 678 1221

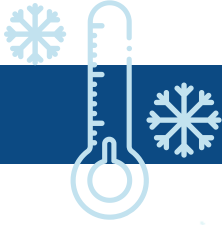
Details of other organisations and sources of cost of living support

eastsussex.gov.uk/costofliving

www.thestreetlink.org.uk (homeless support)

helpforhouseholds.campaign.gov.uk

www.nhs.uk/nhs-services/help-with-health-costs



Cold Homes Kill

Beware of heating risks

- Reduce fire risk from open fires and portable heaters
- Un-swept chimneys or damp wood can start chimney fires
- Install a carbon monoxide monitor
- You can ask the fire service for a free home safety visit
- Check your electric blanket is safe to use.

visit: www.esfrs.org/your-safety/home-safety-visits
0800 177 7069

Damp and mould

- Causes breathing problems
- Makes asthma worse
- Can cause damage to possessions and buildings
- You can deal with damp and mould by following the steps provided on our web page. If you rent your home, you can also alert your landlord.

visit:
warmeastsussex.org.uk/keep-warm/condensation

Cold causes blood to thicken and blood pressure to rise, increasing the risk of stroke and heart attack

Heat your home to at least 18°C

Did you know?

- Below 16°C breathing becomes more difficult
- Below 12°C there is strain on the heart and risk of heart attack
- Below 9°C can cause hypothermia and risk of death

visit:
warmeastsussex.org.uk
0800 464 7307
Text WARM to 80011
Apply for a Warm Home Check

Check out the information on how to stay warm and well in cold weather on the other side of this leaflet and at: www.warmeastsussex.org.uk