

Tips on Staying Well

- Take care of yourself and look out for any frail neighbours
- Wrap up warm inside and out. Several layers of thinner clothing work better than one thick layer. If you go outside, put on your hat, scarf and gloves and a good pair of shoes
- Stay as active as you can - try to move around at least once an hour (but speak to your GP before starting any exercise plan)
- Check that you have a stock of food and any medicines that you need. In case you cannot get out in the worst weather
- Have your heating and cooking appliances serviced - for safety and to save on running costs. If you lose heating or hot water, we may be able to help - give Beat The Cold a call

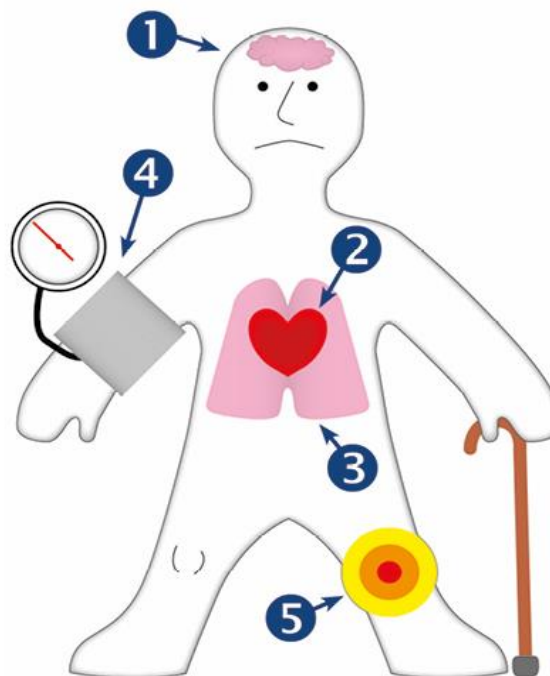
FREE Ways To Save Money

- Check to see if you qualify for the Warm Homes Discount, currently £140.00
- Insulate your home - you may qualify for free or discounted loft and cavity wall insulation
- Check if you are on the best tariff, gas/electric
- Manage your energy



Call us on **0800 389 2258** or **01782 914 915** or contact us through our website at **beatcold.org.uk**

The Cold & Your Health



- 1 Brain**
The cold can increase the risk of social isolation and depression
- 2 Heart**
Increases the risk of heart attacks
- 3 Lungs**
More prone to chest infections and can trigger chronic lung diseases, such as Asthma or COPD
- 4 Blood Pressure**
Increases blood pressure
- 5 Mobility**
May increase the risk of falls and worsens arthritis symptoms

KEEP WARM KEEP WELL

- **Is your house cold?**
- **Are you struggling to pay your fuel bills?**
- **Do you have fuel debts?**

We can help

Fill in the card, tear off and post it to us **FREE OF CHARGE**. To keep your details confidential, copy the address onto an envelope and seal the card inside. **NO STAMP IS NEEDED**

Name

Address

Postcode

Telephone





Freepost Plus RRYE-ZSUR-HXSL
Beat The Cold
The Bridge Centre
Birches Head Road
STOKE ON TRENT
ST2 8DD



Useful Contacts

If you smell gas **0800 111 999**
In emergency

Gas Safe **0800 408 5500**
Gas Safe has replaced CORGI and all gas engineers and installers must be registered

Power Cut **0800 6783 105**
Western Power Distribution look after the electricity distribution network. To report a power cut and find out the latest information phone

Winter Fuel Payment Helpline **0345 915 1515**
You could get between £100 and £300 tax - free to help pay your heating bills if you were born on or before 5th May 1953

Priority Service Register **0800 096 3080**
Priority Service Register, for vulnerable households with medical or communication needs



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This leaflet has been produced by © Beat The Cold, an independent Staffordshire based charity with 25 years of proud service.

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Advice & Practical Support
0800 389 2258