

# Are you doing everything to keep warm this winter?

Being cold in your home can be very bad for your health. Especially if you are an older person or have long term health conditions, being cold increases your risk of heart attack, stroke, breathing problems and chest infections.

**Through the Brighton & Hove Warm Homes Healthy People programme, you could be eligible for free:**

- Energy and money advice
- Emergency grants (free money) to help you keep warm in your home\*
- Urgent practical help to make your home safer and warmer\*

*\*Limited availability*

**For a free call back in your requested language, complete the slip at the bottom of this page, cut it off and put it in a post box (no stamp needed).**

Or call the helpline directly on 01273 468027

For a free call back in English, text Support Winter to 81025, or e-mail [talktous@familymosaic.co.uk](mailto:talktous@familymosaic.co.uk)



I would like to find out more about the free winter help available to me.

Name: .....

Phone number: .....

Requested language: .....

I am available for a phone call at the below times (please tick ✓ or write times in the boxes)

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning</b>					
<b>Afternoon</b>					

Please cut along the line and put this slip in a post box (no stamp needed).  
An adviser will call you back in your requested language as soon as possible.

## Top tips to keep warm, safe and well...

- **Keep your home warm.** Your main living room should be around 18-21°C (65-70°F)
- **Have regular hot drinks and at least one hot meal a day**
- **Wrap up warm, inside and out.** Wear several thin layers of warm clothes rather than one thick one
- **Check your prescription medicines.** Make sure you have enough to last through the cold weather
- **If you have heart or breathing problems,** try to stay inside when it is very cold
- **Keep active in your home** – try to move around at least once an hour. If this is difficult, move your arms and legs while sitting, or wiggle your fingers and toes
- **Close your curtains** just before it gets dark to keep heat in
- **Don't put furniture in front of radiators** – it wastes heat
- **Check on older / vulnerable neighbours and relatives.**

**British Red Cross Emergency Helpline - 01273 326089**  
**Or email [ereastsussex@redcross.org.uk](mailto:ereastsussex@redcross.org.uk)**

In very cold weather, you can call the above helpline to get urgent practical help for yourself or someone else. Help can include:

- 'Warm packs' with a blanket, hot drink, warm hat and more
- Collection of food shopping and medication
- Visits to check that someone is safe, warm and well in their home
- Other feasible requests to help a vulnerable person in very cold weather

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