Winter 2004/2005

Keep Warm Keep Well

A WINTER GUIDE

Advice on:
Keeping warm and healthy
Home improvement grants
Heating your home
Help with bills

WINTER WARMTH ADVICE LINE 8am to 8pm Monday to Friday
FREEPHONE 0800 085 7000
TEXTPHONE 0800 085 7857 Lines open October to March
www.dh.gov.uk/socialcare
A joint venture by:

DH  Department of Health

DWP  Department for Work and Pensions

defra  Department for Environment Food and Rural Affairs

WRVS  make it count™

Help the Aged

AGE Concern

NEA  Campaigning for Warm Homes

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Why keeping warm matters

To keep well during winter, it’s essential to keep warm. As the weather gets colder, we are all more likely to catch colds or flu; and if your body temperature drops then the risks of a heart attack, stroke or breathing difficulties increase. This is especially true for older people, or if you have a chronic disease, or are vulnerable due to a physical disability.

So the best way to combat winter is to keep warm and follow as healthy a lifestyle as possible. What you eat and drink, and the exercise you take, can make a big difference. And, as part of keeping well, it’s vital to keep your home warm and keep yourself warm when you go out.

This booklet has advice on how to keep warm and well this winter. Many of the suggestions are common sense, but are still important to remember. And you may find some practical ideas and useful information that are new to you. There is news of:

- more help for people aged 60 or over - a £200 winter fuel payment to help towards the cost of keeping your home warm
- extra help for fitting insulation or even a new central heating system in your home.

WINTER WARMTH ADVICE LINE
8am to 8pm Monday to Friday
If you have any questions about keeping warm and well, call the **winter warmth advice line on 0800 085 7000**. It is staffed by people who should be able to answer your questions ... or put you in touch with someone in your area who will be able to help. There will be an interpreter to provide advice in your own language if you need this. Your call is free.

**keep well**
Be prepared for winter

Keeping well. To keep fit and well in winter you should try to carry on doing the things that keep you fit and well during the rest of the year. So get ready for winter by looking at what you normally do every day.

Smoking. If you smoke, try to stop now. The evidence shows that giving up smoking can improve your health, no matter how old you are. For confidential advice and support with giving up smoking, call the NHS Smoking Helpline: Freephone 0800 169 0 169.

Eating. Try to eat a mixed diet and take plenty of hot drinks on cold days.

Exercise. Stay as active as you can during winter, as well as during the rest of the year.

Have a flu jab. Flu is a particular winter problem. It can be a serious health hazard for anyone in an “at risk” group. Flu immunisation is strongly recommended for these groups, and is free. Talk to your GP or local surgery.

You are “at risk” if you:
• are aged 65 years or over
• have chronic heart disease, chronic respiratory disease, including asthma, chronic renal disease, diabetes mellitus
• have lowered immunity due to a disease or treatment.
NHS Direct. For advice on health matters, anytime, you can call NHS Direct and speak in confidence to a qualified nurse. You don’t need to be ill to use the service; it’s there to help you keep healthy as well. **NHS Direct: 0845 46 47.** Local call charges apply.

keep healthy

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