**We’re here to help you keep warm and well this winter**

**If you are struggling to afford to keep your**

**home heated to at least 18°C...**

Wear several light layers of warm clothes

Keep active indoors

Have hot drinks and meals

Use hot water bottles or wheat bags

**West Sussex Affordable Energy**

offers free advice, along with home energy

efficiency tips and advice for households:

[k](https://westsussexenergy.co.uk/)

gy

westsussexener

.co.u

**Citizens Advice**

 offers energy advice, financial support and fuel vouchers:

a

.uk/contact-us/ener

runchichestercab.or

[g](https://www.arunchichestercab.org.uk/contact-us/energy-2022/)

[2](https://www.arunchichestercab.org.uk/contact-us/energy-2022/)

-202

gy

 or 01243 974063

**Wes**

**t Sussex Fire & Rescue Service**

 offers free safe and well visits:

[G](http://shorturl.at/dgoyG)

oy

[g](http://shorturl.at/dgoyG)

shorturl.at/d

 or 0345 8729 719

**For a list of warm spaces**

near you see

/space

[s](https://warmspaces.org/)

[g](https://warmspaces.org/)

paces.or

www.warms

Check out the best way to use your heating system

Use your heating controls and thermostatic radiator

valves (TRVs)

Maintain ventilation and air flow to avoid damp and

mould

**Ask us for help, advice and financial support**

**visit:**

**shorturl.at/ivx**

[**y**](http://shorturl.at/ivxyZ)

[**Z**](http://shorturl.at/ivxyZ)

**/**

**Plan to keep just one or two rooms warm safely**

**Details of other organisations and sources of cost of living support**

West Sussex County Council visit:

shorturl.at/emS1

[2](http://shorturl.at/emS12)

**Keep yourself warm**

**visit:**

**shorturl.at/uABD**

[**M**](http://shorturl.at/uABDM)

**Tackling Fuel**

**Poverty Together**

**Cold Homes Kill**

**Check out the information on how to stay warm and well in cold weather on the**

**other side of this leaflet and at:**

[**k**](http://www.warmeastsussex.org.uk/)

**.co.u**

**gy**

**www.westsussexener**

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arunchichestercab.or

**Tackling Fuel**

**Poverty Together**

**Cold causes blood to thicken and blood pressure to rise,**

**increasing the risk of stroke and heart attack**

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

Heat your home to at least 18°C

Did you know?

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.

**Beware of heating risks**

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.

**Damp and mould**

**visit:**

[**M**](http://shorturl.at/lAFMR)

**shorturl.at/lAF**

[**R**](http://shorturl.at/lAFMR)

**visit:**

[**q**](http://shorturl.at/lmqrS)

[**r**](http://shorturl.at/lmqrS)

[**S**](http://shorturl.at/lmqrS)

**shorturl.at/lm**

**visit:**

**shorturl.at/duGP8**