

Top tips

for staying warm and well this Winter

WINTER WELLBEING 

Reducing fuel poverty, improving health and progress to work

1 Keep warm and set your heating correctly



2 Have regular hot meals and hot drinks



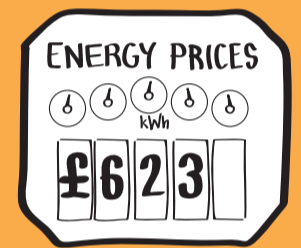
3 Get financial help and advice

4 Insulate and draught proof your home

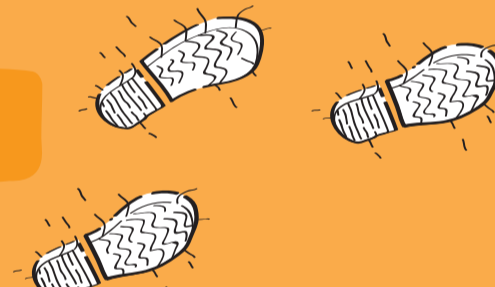


5 You could save money by switching tariffs

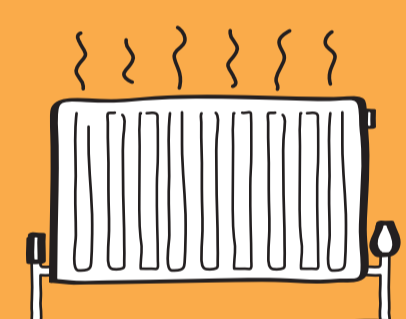
6 Check and service your heating systems and cooking appliances



7 Stay active and keep moving



8 Get your flu jab



9 Move towards work, volunteering and training ☎ 01872 355015

10 Look after yourself, check on friends, neighbours and wrap up warm



11 Free home fire safety check ☎ 0800 358 1999



12 Drive safely ☎ 0300 123 4232

For help this Winter call **0800 954 1956**



Winter Wellbeing is a partnership of over 30 public, charitable and business organisations. Supported by DECC Central Heating Fund