



**Heat your home to at least 18°C**



**Too cold**

*Do not leave your thermometer in direct sunlight or next to a heat source.*

**If you are finding it difficult to keep your home warm the Warm Home Check Service can help:**

## Top tips

- Have a flu jab if you're eligible
- Keep your home heated to at least 18°C (65°F)
- Keep active indoors if you can
- Layer your clothes
- Hot meals and drinks will keep you warm
- Get financial help for bills and heating
- Check heating and cooking appliances
- Prepare for cold weather – have enough food and prescription medicines at home
- Check on your relatives, neighbours and friends regularly over the winter period
- If you start to feel unwell, even if it's a cough or a cold, don't wait until it gets more serious. Seek advice from your pharmacist.

**Phone: 03444 111 444**  
**or text WARM to 81400**  
**[www.warmeastsussex.org.uk](http://www.warmeastsussex.org.uk)**

Being cold at home makes underlying health problems worse or even fatal. It can also increase the risk of trips and falls, stroke or heart attack.



### East Sussex Warm Home Check Service

Get in touch for free advice and free support to keep warm this winter.

For more information call **03444 111 444**  
**TEXT WARM TO 81400** or  
visit [www.warmeastsussex.org.uk](http://www.warmeastsussex.org.uk)

### For more information on keeping warm and getting help with benefits contact:

Warm Home Check Service  
**03444 111 444**  
text **WARM** to **81400**  
[www.warmeastsussex.org.uk](http://www.warmeastsussex.org.uk)

ColdAlert  
[www.coldalert.info](http://www.coldalert.info)  
**01273 484337**

Citizens Advice  
**03444 111 444**

Health and Social Care Connect  
**0345 60 80 191**  
[hsc@eastsussex.gov.uk](mailto:hsc@eastsussex.gov.uk)

Discretionary East Sussex Support Scheme (DESSS)  
**0300 330 9494**

Keep Warm Keep Well  
[www.nhs.uk/livewell/winterhealth](http://www.nhs.uk/livewell/winterhealth)

Energy Saving Advice Service  
**0300 123 1234**  
[www.energysavingtrust.co.uk](http://www.energysavingtrust.co.uk)

Met Office Get Ready for Winter  
[www.metoffice.gov.uk/getreadyforwinter](http://www.metoffice.gov.uk/getreadyforwinter)

Priority Services Register  
**0800 169 9970**

For information on changes to benefits and what can be claimed, contact:

High Weald, Lewes, Havens area:  
**03444 111 444**  
[www.eastsussexcab.co.uk](http://www.eastsussexcab.co.uk)

Drop in to Lewes, Uckfield or Crowborough or any of our outreach locations.

Hastings and Rother CCG and Eastbourne, Hailsham and Seaford CCG areas:  
**0333 344 0681**  
[benefitseastsussex@harcuk.com](mailto:benefitseastsussex@harcuk.com)