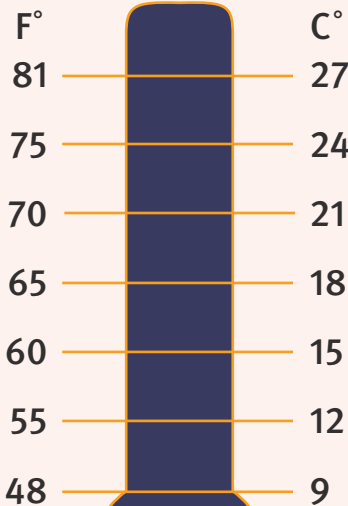




**keep warm and well**  
...in East Sussex



**Heat your home to at least 18°C**



**Too cold**

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

## 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
- Follow coronavirus (COVID-19) guidance.
- Get help if you need it. Speak to your GP, pharmacist, carer or key worker for advice.

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

**Phone: 0800 464 7307**  
**or text WARM to 80011**  
**[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 0800 464 7307  
TEXT WARM TO 80011 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  
**0800 464 7307**  
**text WARM to 80011**  
**[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**

NHS website  
**[www.nhs.uk/staywell](http://www.nhs.uk/staywell)**

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

Simple Energy Advice  
**0800 444202**  
**[www.simpleenergyadvice.org.uk](http://www.simpleenergyadvice.org.uk)**

Met Office  
**[www.metoffice.gov.uk/weatherready](http://www.metoffice.gov.uk/weatherready)**

Priority Services Register (extra support from utility companies)  
**0800 169 9970**

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

East Sussex Welfare Benefits Helpline  
**0333 344 0681**  
**[benefitseastsussex@harcuk.com](mailto:benefitseastsussex@harcuk.com)**