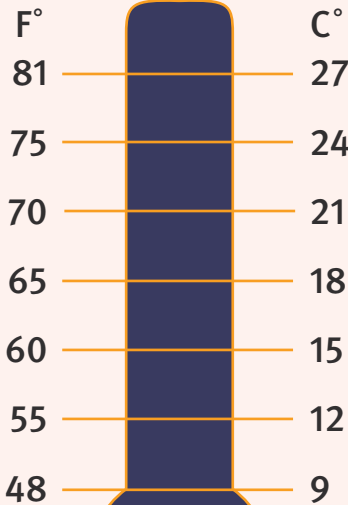
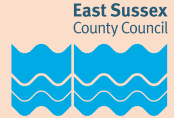




keep warm and well

...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

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**

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

ColdAlert
www.coldalert.info
01273 484337

Citizens Advice
0800 144 8848

Health and Social Care Connect
0345 60 80 191
hsc@eastsussex.gov.uk

Discretionary East Sussex Support Scheme (DESSS)
0300 330 9494

NHS website
www.nhs.uk/staywell

Energy Saving Advice Service
www.energysavingtrust.co.uk

GOV.UK Home Energy Advice
0800 444202
gov.uk/improve-energy-efficiency

Met Office
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

Support with the cost of living:
eastsussex.gov.uk/
costofliving
gov.uk/helpforhouseholds