

Keeping warm in winter



Here are some tips about keeping warm during the winter months.

● Stay active with regular exercise

Taking exercise throughout the year is important but doing it during the winter will help to keep you warm as well as fit. If you are at home, try not to sit for too long. If you are not very mobile, you can do exercises in your chair. We can provide you with further information about exercising at home.

● Heating your home

Set the timer on your heating so that it comes on half an hour before you get up, so you won't be cold while you wait for your home to heat up.

Keep the thermostat set at 21 degrees centigrade or 70 Fahrenheit. If you have no timer or thermostat, keep the room you spend most of your time in warmer than the rest of the rooms, try and heat your bedroom before you go to bed.

You may be able to take advantage of Council and Government grants and discounts to insulate and heat your home.

● Check your heating appliances

These should be checked every year to make sure they are providing you with adequate heat and also to make sure they are safe and do not give off carbon monoxide. You cannot see or smell carbon monoxide, it is usually given off when a gas appliance has been incorrectly fitted, poorly maintained and poorly ventilated.

Anyone who checks your gas appliances must be a trained and reputable Corgi engineer.

If you are a tenant your landlord must have these checks carried out every 12 months.



● Wear the right kind of clothes

When you are at home wear several layers of clothes to trap the body heat instead of one thick layer. When it is very cold at night make sure you keep warm in bed by wearing bed socks and maybe a hat to keep your head warm.

When you go outside, again wear several layers of thin clothing under your coat rather than one thick layer. Wear a scarf and hat and keep your feet warm with socks and wear flat, dry non-slip shoes or boots.

● Eat a balanced diet

Eating fresh fruit, vegetables, cereals, bread, potatoes, milk, dairy foods, meat, fish and eggs will help you keep warm and healthy.

You should have at least one hot meal a day, and have hot drinks regularly throughout the day including one before you go to bed.



For further information about staying warm in winter and energy efficiency please contact:

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Documents on our website can also be emailed to you as plain text files.

Help is also available for people who require council information in languages other than English.

For more information contact: 01934 426 686 or kim.herivel@n-somerset.gov.uk