

Top tips for staying well in cold weather:

- 1** Contact your GP or pharmacist to see if you qualify for a free flu jab
- 2** Keep your living areas warm (at least 18°C), including by making sure you have basic energy efficiency measures in your home such as draft proofing and loft insulation
- 3** Eat regular healthy meals and drink hot drinks
- 4** Keep as active as possible at home
- 5** Wear warm clothes and shoes with a good grip
- 6** Check on older neighbours or relatives to make sure they are safe and well
- 7** Find the cheapest energy deal via the Big Switch and Save www.bigswitchandsave.co.uk or phone 0344 980 3333



If you would like this information in another language or format such as large print, CD or Braille, please call 0344 980 3333 or email info@norwich.gov.uk



Healthy homes Healthy lives

Helping you stay healthy, warm and safe in your own home

Do you?

- Often feel cold in your own home?
- Feel unable to pay your gas and electrical bill?
- Find it difficult getting around your house, in the bath, or up and down the stairs?
- Find it hard to carry out small repairs and odd jobs around the home and garden?
- Not have contact with one or more people on a frequent basis?

If you've answered yes to any of these questions, look inside to see how we can help.



NORWICH
City Council



Norwich City Council offers free and confidential advice and support to help you stay healthy, warm and safe in your own home.

Helping you save money on energy

Our collective switching scheme 'the big switch and save' takes all the hassle out of finding the best energy provider for you. Apply online **www.bigswitchand save.co.uk** or contact us for help.

Keeping your home warm

We can offer advice around keeping warm at home, as well as practical measures such as emergency radiators and insulation. We can also help you apply for grants to make your home warmer.

Finding the right accommodation

We can offer support to look at alternative housing options if you want to consider moving to more suitable accommodation.

Odd jobs or minor repairs

Our handy person service offers help with everyday small repairs and jobs around the home, such as building furniture, putting up shelves, curtain poles, minor insulation etc. for anyone over the age of 65 who needs help.

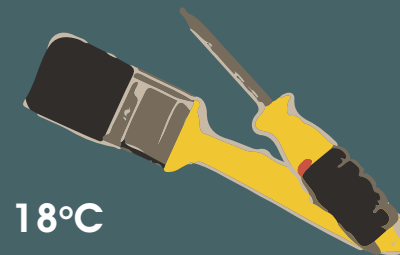
Adapting your home

From assessing what works are needed, referring work to our approved list of building contractors to supervising work to ensure it is completed to a satisfactory standard – we can help with all aspects of your adaptation needs.



Heat your home to at least 18°C

F°	C°	
80	27 Too hot	Turn your heating down
75	24 Hot	Turn your heating down but stay warm
70	21 Ideal	Ideal living room temperature
65	18 Comfortable	Ideal bedroom temperature
60	15 Discomfort	Increased risk of chest infections
55	12 Cold	Increased risk of heart attacks and strokes
50	09 Too cold	Risk of hypothermia



Accessing other services

Signposting or referring you to other agencies to access welfare benefits, concessions or other support or advocacy services.

Contact us

To speak to somebody about any of our healthy home services go to:

www.norwich.gov.uk/healthyhomes

Telephone
0344 980 3333