

wee changes can make a big difference

to help keeping you warm over winter

Clothes

It may seem obvious, but layering clothes and wearing a hat and socks can help keep you warm, including wearing slippers and a hat indoors if you feel very cold.



Block Draughts

Check if you have any draughts and block them up with draught excluders at the bottom of doors. Find a local sewing or craft group and making your own can be cheaper and get you out and meet people. Use curtains ideally with a thermal layer. Open them during the day to let sunlight in and close them in the evening. Maybe think about installing a door curtain if your front door is very draughty, or put a flap over the letter box inside the house.

Diet

It's important during a cold spell that you eat well. If money is tight, this can also be a challenge. Look for deals in supermarkets like 2 for 1 on porridge; this is a healthy meal to help keep you warm and can be eaten any time of day. Even cuppa soups, are something to warm you up. Also, vegetable soups help supports your immune system, try making your own with stock cubes, vegetables, or, chicken stock and noodles to make cheap and cheerful chicken noodle soup. For more ideas on cooking on a budget, look out for local cookery classes these are often **FREE**. Remember also, visit your local foodbank, they are there to help.



Being warm in bed

If your home is cold, wear a hat to bed to help keep the heat in and try, if possible, to have a warmer tog quilt. This can also be brought into the living room to snuggle in if the weather is cold. Throws and fleece blankets add another layer of warmth to your bed as well as being something else to use to stay warm if wrapped around you in the living room.



Staying warm across the generations

We feel the cold differently depending on age and physical health, It's important to make sure any younger or older family member's needs are also met as well as anyone with a health condition. Make sure you receive the benefits you are entitled to, and perhaps speak to Citizen's Advice. If someone has poor circulation in their hands and feet, heated insoles and gloves could be a good choice. You could also speak to Citizen's Advice about receiving the "Warm Home Discount" if you are with a qualifying energy provider and meet certain conditions.

Mobility in winter



If you have mobility issues or use a wheelchair, you may find it challenging to stay warmer in winter. A wheelchair cosy can help this too, and make sure if you are out you wear something waterproof. Speak to your health care advisors about specific tips to meet your needs.

In winter it's tempting to not move and just snuggle on the couch. The wintry weather gives us more reason to keep doing some form of exercise e.g. yoga practice to develop an internal heat that keeps us healthy and warm. Check out **FREE** opportunities to be active in your area.

Use heating wisely



If you've central heating, turning the heating down may help you keep the heating on longer, use a thermostat to see how warm your house is, most homes in UK are between 18 and 20 degrees Centigrade. Use layers of clothes and fleece throws to help keep warm. However, as already stated if you have specific health conditions or other vulnerabilities to the cold seek advice around how your needs can be met. Heat the rooms you use most and keep the doors closed on those you don't so cold air doesn't travel, if money is really tight, maybe even heat one room and use it to live and sleep in when it's really cold. Energy suppliers can vary in costs, shop around and make sure you are getting the best deals.

Gizzmos which can help

You can get smart meters which tell you how much energy you are using. Become aware of items which are high cost e.g. kettles, only boil what you need or if you boil more keep it in a flask till the next time you need it. If you have radiators, explore with advice centres or housing providers using foil or radiator reflectors to stop wasting heat from the back of the radiator, if your radiator is under the window maybe explore putting a shelf above it to stop heat being wasted. But don't put anything on the shelf. You can contact your utility provider to organise the installation of a smart meter.

These are only some tips, for more advice contact:

Energy Savings Scotland Advice Centre: 0800 512012 (from a land line)

Compare energy deals: <https://energycompare.citizensadvice.org.uk/>

Citizens Advice Bureau: <https://www.citizensadvice.org.uk/scotland/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-schemes-to-help-you-save-money-on-energy-bills-s/>

Macmillan Cancer Care: many local libraries have outreach services or visit <https://www.macmillan.org.uk/information-and-support/organising/benefits-and-financial-support>

Age UK: <https://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/preparing-for-winter/>

G-Heat: They provide free home visits and give out impartial advice and information to Glasgow residents on all aspects of energy use and making your home easier to heat. www.g-heat.org.uk Tel: 0800 092 9002

Other local services and health and social care providers in your area including local foodbanks, healthy living centres, and community run social clubs and events.

Remember consult with your GP before making any lifestyle changes. For more information contact **COPE** on our website: www.cope-scotland.org

