

Young or Old Beat the Cold

Simple ways to keep warm
& well at home



Beat the Cold is independent,
local and not-for-profit.

Registered charity number 1076957



0800 389 2258
www.beatcold.org.uk
01782 683813

Keep Well This Winter

Stock up your medicine cabinet while doing the shopping. Get cough and cold remedies, heartburn and indigestion relief, pain killers, plasters, gauze dressings and tape.

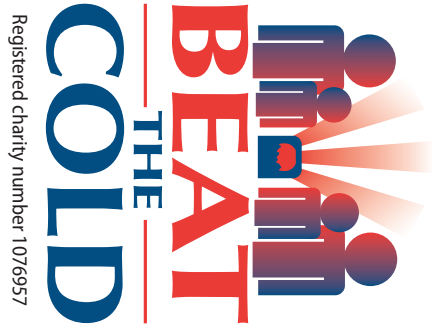


Get the right treatment in the right place

For health advice and reassurance, 24 hours a day 365 days a year. Simply text 'pharmacy' to 64746 and receive three free texts with details of your nearest pharmacy. Or call

**NHS 0845
Direct 4647**

www.nhsdirect.nhs.uk/



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Freepost Plus RRYE-ZSUR-HXSL
Beat the Cold
The Bridge Centre
Birches Head Road
STOKE-ON-TRENT
ST2 8DD



Safe, healthy temperatures at home

Cold, damp homes are uncomfortable and bad for health. Those most at risk are older people, people with a disability or long-term illness, young children, and some people suffering mental ill health. Risky temperatures at home are:

Below 16C (61°F) – breathing problems;

Below 12C (52°F) – increased blood pressure;

Below 6C (43°F) – hypothermia.

Damp and mould at home will make health worse.

Cut your costs

Loft and cavity wall insulation

Everyone receives a large discount on the price of insulation. This will not last much longer, so apply now. Insulation is free in Newcastle, through the Warm Zone, for most households. In the Moorlands, contact Beat the Cold or Warm Streets. Typical savings of £135 a year with cavity wall insulation.

Pay the lowest price for fuel

Switching companies can feel daunting, but it is worth it. You could save £200 a year. Check whether you qualify for the Warm Home Discount, worth £120 off your electricity bill. You can trust switching web sites (and telephone lines) if they have the Consumer Focus Confidence Code symbol.

Better heating

For safety and efficiency, have your heating system serviced. Changing an old central heating boiler for a new condensing boiler could save 30p in the pound on fuel bills.

Free ways to save

Do not leave your TV on standby. Heat just the amount of water you need in your kettle, making sure you cover the element. Draw the curtains as it goes dark.

When you go out in the cold

Wrap up well, with coat, hat, gloves, scarf and boots. Several layers of thinner clothing are usually warmer than one thick layer.

Look after your health

Get your flu jab

Are you elderly? Do you suffer from diabetes or chronic breathing conditions? You are more at risk of catching flu. Ask your GP for a jab.

Useful contacts

For older people and those with a disability

Age UK Biddulph01782 511774
. Leek01538 387732
. Hanley.01782 204995
. Newcastle.01782 713822
Disability Solutions01782 683000
. textphone01782 683804
Winter Fuel Payment helpline 0845 915 1515
. textphone 0845 601 5613
Moorlands Careline01538 380618
Moorlands Homelink01538 750511
Pension Service0800 88 22 00

Gas safety

– any installer must be Gas Safe registered

Emergency, if you smell gas 0800 111 999
Gas Safe (gassaferegister.co.uk) 0800 408 5500

Home repairs, improvements & handy person

Revival01782 749202
Biddulph, Leek & Cheadle 08444 111 444
Newcastle 0844 411 1444
Kidsgrove 0844 499 4115

Practical help for families with children under 5

Home Start Moorlands01538 387231
Home Start Newcastle01782 740388

Social Services

Local offices 0300 111 8010
Emergency (out of hours).01785 354030



Are you struggling to pay a fuel bill? Contact us.

Fill in this card, tear off, and post it to us free of charge. To keep your details confidential, copy the address onto an envelope and seal the card inside. No stamp is needed.

Name

Address.

.

Post Code

Telephone

- Please send me a card thermometer;
- Please send me more information on keeping warm and well;
- Please contact me by telephone.

Or, contact us through our web site, at www.beatcold.org.uk

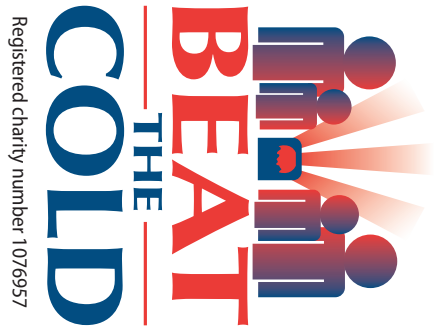


North Staffordshire

Check our web site for free insulation offers

www.beatcold.org.uk

www.beatcold.org.uk



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Stoke-on-Trent Edition

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Damp and mould at home will make health worse.

Cut your costs

Loft and cavity wall insulation

Insulation is free in Stoke-on-Trent, through the Warm Zone, for most households. Contact the Warm Zone or Beat the Cold to find out more. Typical savings of £135 a year with cavity wall insulation.

Pay the lowest price for fuel

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Disability Solutions.01782 683000

. textphone01782 683804

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Home repairs, improvements & handy person

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Citizens Advice Bureau

Stoke01782 408600

Practical help for families with children under 5

Home Start.01782 280850

Social Services

Adult Social Care 0800 561 0015

Children's Social Care01782 235100



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Name

Address.

Post Code

Telephone

Please send me a card thermometer;

Please send me more information on keeping warm and well;

Please contact me by telephone;

Please contact me to arrange a home visit; (In Stoke-on-Trent, we can visit you at home to help you afford a warmer home).

Or, contact us through our web site, at

www.beatcold.org.uk

Find out the latest information at

www.beatcold.org.uk

