



Spread the Warmth



A guide to keeping you and your home warm in winter



Introduction

Our partnership with Power NI continues to have a significant impact on the lives of many older people in later life. As it now enters its tenth year, together we have launched a **Spread the Warmth** winter campaign.

Winter isn't everyone's favourite season and there's no doubt that cold weather can be a worry for those of us in later life. As we get older, our bodies respond differently to the cold and this can leave us more vulnerable. Keeping warm both inside and outside your home can help reduce your risk of serious health problems that are more common in the colder months, such as chest infections, heart attacks and strokes.

This **Spread the Warmth** guide explains our '5 Top Tips' on how to keep healthy and warm in winter. It also provides practical and helpful advice from Power NI for older people on how to keep their home warmer in winter. We also have a range of online resources, advice and information including **Winter Wrapped Up** and **Recipes for a warmer winter** available for download at www.ageni.org/spreadthewarmth

For more information about preparing you and your home for winter please visit www.ageni.org/spreadthewarmth or get in touch with Age NI on **028 9024 5729**

If you or someone you know needs our help to deal with issues including health, housing, money or care, contact the Age NI Advice Service on **Freephone 0808 808 7575**

Myth-busting

Here are some myths you might hear about winter and the cold. Do any of these apply to you?



'Wearing a hat is **enough** to keep me warm on a winter's day.'

As well as a hat, wrapping a scarf around your neck and mouth can **help to protect** your health. Breathing in cold air raises the risk of chest infections and increases blood pressure.

'I only need to put the heating on for a **couple of hours** a day to keep warm.'

It's best to keep your house at a **stable temperature** as sudden changes can be dangerous. Try to keep your main living room at 21°C/70°F and close any doors to rooms you're not using.



'I don't **qualify** for any help with my heating costs.'

Contact Age NI for a benefits check, to find out what financial support is available and to see if you're eligible for any help.

'I can't see why keeping my bedroom **window open** is bad for my health.'

If you leave your bedroom window open you're likely to breathe in cold air, which lowers body temperature and raises the risk of chest infections, heart attacks and strokes.

Our '5 Top Tips' on staying healthy in winter



Cold weather can be a worry in later life. As we get older, our bodies respond differently to the cold which can leave us more susceptible to serious health problems. But with a little preparation, and by following our '**5 Top Tips**' you can stay warmer and healthier this winter:

1. Keep moving

Keeping active generates heat and helps to keep you warm. It's good for general fitness and well-being too!



2. Eat well

Hot meals and drinks help keep you warm, so eat at least one hot meal and have hot drinks during the day.



3. Have a seasonal flu jab

If you're over 65 be sure to have a seasonal flu jab. Seasonal flu viruses are always changing, so you need to have a jab every year, using the latest vaccine.



4. Keep your hands clean

Good hand hygiene is a simple way to avoid getting colds or flu and stop it spreading to other people.



5. Keep your spirits up

It's not unusual to feel a bit down in winter – particularly when the days are short and it gets dark by 4pm. Try to keep to your usual routines and, if you can't visit friends, make sure you phone them regularly for a chat.



For further information on preparing for winter, staying warm indoors and out, plus staying healthy please visit www.ageni.org/spreadthewarmth

Put a little energy into saving a lot of money!



Avoid overfilling your kettle and you could save around **£6** every year.*



Save around **£7** every year by replacing a traditional light bulb with a LED light bulb where possible.*



By using the washing machine at 30 degrees rather than higher temperatures you could save around **£7** a year.*



Choosing an A++ rated 40 inch TV over a less efficient one will save you **£230** over its lifetime.†



You could save around **£30** a year if you avoid leaving your TV switches and other appliances on standby.*

Find out about other ways you can save money and energy by visiting powerni.co.uk/saveenergy

* Source: Energy Saving Trust 2018. Based on the Power NI standard rate of 17.66p/kWh Inc. Vat as of 1st October 2018.

† Based on a TV typical lifetime of 7.5 years



Power NI Customer Care Register

We care about our customers, particularly older people, less abled or chronically sick. We have a range of special services available within our Customer Care Register, which may be of help to you including:

- **Password Scheme**
- **Doorstep Service**
- **Carers Contact Service**

For more information on the services we have available or to request a copy of our Codes of Practice free of charge, call **03457 455 455*** or visit our website at **powerni.co.uk/customer-care**

* Phone lines open
Mon - Fri, 8am - 7pm.

Take our FREE Home Energy Check!

Give your home an energy health check with our easy online calculator and see how much you could save.

A few small improvements could save you £££s!

- 1** Visit www.powerni.co.uk/home-energy-check
- 2** Answer some simple questions about your home
- 3** Get a free personalised energy report on your home!

Find out how much you can save:

www.powerni.co.uk/home-energy-check



You may be interested in our other publications including:

- Winter Wrapped Up
- Recipes for a warmer winter

To request a free copy of these guides, or for more information on the issues covered in this guide, contact the Age NI Advice Service on Freephone **0808 808 7575** or email **advice@ageni.org**

Age NI offers free, independent and confidential advice and advocacy to older people, their carers and families on a range of issues including care, health, housing and money.



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