



KEEPING WARM AND WELL THIS WINTER



Here are six handy tips to get yourself ready for winter.

Are You Entitled to Extra Money?

- Don't be tempted to leave your heating off, and put up with the cold to keep your bills down - there are benefits and discounts available to help you keep your home warm.
- If you'd like more information about the benefits you may be entitled to, our friendly team of advisors are here to help. You can give us a call on: **01670 784 800** or email: info.advice@ageuk-northumberland.org.uk.

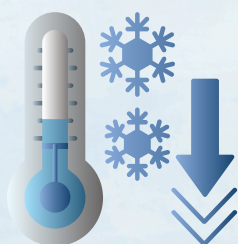


Look After Your Health:

- Flu viruses are always changing; it is important to get a flu jab every year.
- Eat well. Not eating enough makes it harder to keep warm, and to fight infections.
- Order repeat prescriptions in plenty of time, you may want to ask if your pharmacy offers a prescription delivery service.
- Keep simple cold, flu and sore throat remedies at home, and be conscious and regularly wash your hands.

Keeping Yourself Warm:

- Wrap up with a shawl or blanket if you're sitting down. And if you struggle to stay warm in bed, wear warmer layers such as bed socks and thermal underwear, or even a hat.
- Use a hot water bottle or an electric blanket to warm the bed - never use them together.
- When you're out and about, make sure you keep your hands and face warm. Your blood pressure can rise if they are cold.

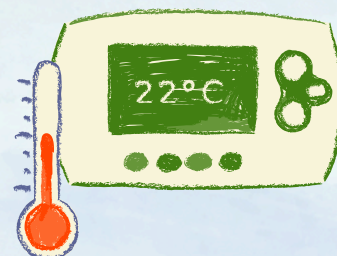


Prepare for Bad Weather:

- Stock on extra food in case you're unable to get out to the shops. You could do your food shopping online and have it delivered to your door.
- Know where your main stopcock is - water pipes can freeze or burst when it's cold.
- It's always handy to have a mixture of salt and sand to put on your steps or path if it is icy.

Keep Your Home Warm:

- Get to know the timer and thermostat on your heating system. If it's very cold, set the timer for the heating to come on a bit earlier than you need it.
- Keep the rooms you spend the most time in warm.
- Be safe when heating your home. Make sure you have a carbon monoxide alarm in each room with a gas or solid fuel burning appliance in it.
 - Test your carbon monoxide alarms regularly.



Keep Moving:

- Keep moving - do a short walk in the middle of the day, or indoor exercises.
- If walking is difficult, you can do chair-based exercises while sitting or holding on to the back of a chair. Even moving your arms and legs and wiggling your toes can help you keep warm and well.

