

Avoid cold related illnesses this winter

If you can't afford to adequately heat your home you are technically living in 'fuel poverty'. This could make you more vulnerable to cold-related illnesses like asthma, influenza, bronchitis and pneumonia. If are an older person, it could also put you at greater risk of heart attacks, strokes and other circulatory conditions.

Fortunately, much can be done to reduce the risk of illness by making sure that your home is well insulated, free of draughts and has a reliable heating system. Grants are available to help homeowners and private tenants insulate their homes. If you are over 70, or receive certain income related benefits, you may qualify for 100% grants. The Warm Front grant of up to £3500 can help replace a faulty or broken heating system. You may be eligible if you receive benefits and have a disability, are aged 60 plus, or have children under 16 years old.

winter warming tips

- Check that your home is well insulated (both cavity wall and 10.5" loft insulation)
- Wherever you sit during the day, set your heating to keep the room at 21°C (70°F)
- Try a hot water bottle OR electric blanket (but never use both at the same time)
- Keep on the move, wear lots of thin layers and have plenty of hot food and drinks

For more on insulation and heating grants, contact the Energy Saving Trust free on **0800 512 012**.



Insulation can help reduce winter fuel bills.

Photo credit: Age Concern

Notes for editors:

1. This article was produced by United Sustainable Energy Agency (USEA). This organisation was created by the merger of Milton Keynes Energy Agency & Thames Valley Energy Centre in May 2008.

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2. USEA works in partnership with local authorities throughout Bucks, Berks, Beds, Herts, Oxon, Hants and the Isle of Wight. In 2008, USEA was awarded a new contract with the Energy Saving Trust to operate an Energy Saving Trust advice centre for the South East. The centre provides impartial energy saving advice to the residents of Bucks, Berks, Oxon, Hants and the Isle of Wight. USEA also offers a free insulation price comparison service called Cocoon.
3. For more on the qualifying benefits for a Warm Front grant, visit:
www.warmfront.co.uk/do-i-qualify.htm
4. The information contained within this article is correct to the best of our knowledge, but is subject to change. USEA cannot in any way be held legally responsible for any advice given or any work carried out as a result of this information.