Remember, keep yourself safe too

Don’t put clothes or furniture too close to fires or heaters.

If you use an electric blanket, make sure it is kept in good repair and never use a hot water bottle at the same time.

Make sure you have well fitting slippers and shoes to avoid trips and falls.

Stand up slowly and carefully if you have been sat down for some time as you may get dizzy if you stand up too fast.

For more information

Contact WRAP for more information on keeping you and your home warm, staying well and getting help with benefits, heating and energy efficiency.

Call Freephone: 0800 118 23 27
Text: 07928 394 482
Email: enquiries@thinkingworks.co.uk

For emergency support during the winter months call Leonard Cheshire Disability: (020) 7223 0350

Case study for Leonard Cheshire Disability

Marsha, who was living in temporary accommodation with her daughter, said: “[Leonard Cheshire Disability] has made a massive difference to me. I now do not have to wrap my daughter in blankets at night to keep her warm and in the middle of the night I do not have to go downstairs to warm milk [use microwave instead donated by Leonard Cheshire Disability], I am so thankful.”

Case study for WRAP service

Michelle Niles and her family’s central heating had not been working for 3 years. The WRAP service worked with a local heating installer to fix the boiler for £80. Michelle said: “I cannot thank you enough, after 3 years we finally have heating and hot water. This makes such a difference to our lives. I am so grateful to you [WRAP service].”
Leonard Cheshire Disability can support anyone who is in need; younger and older people, families and the homeless. We can provide a winter warm bag, hats, scarves, gloves, food, bed linen, blankets, kettles and microwaves throughout the winter months. For further information or support please call on (020) 7223 0350 or email winterservices@leonardcheshire.org

The Wandsworth and Richmond Assessment Point (WRAP) can help with heating, energy efficiency and more. For eligible residents WRAP may conduct a home visit to see how they can best help you and may install small energy and water saving measures including LED bulbs, a water saving shower head, and door draught proofing. If you or someone you know is worried about keeping warm this winter call WRAP on 0800 118 23 27, text 07928 394 482 or email enquiries@thinkingworks.co.uk

Don't let the cold catch you out - check the weather forecast each day in winter. This will let you know if the weather is due to turn cold and you can make sure that you are ready to keep warm and well.

Hot meals will keep you snug and warm by giving you the energy your body needs. Make sure you have food in the house like tinned, dried and frozen foods as they will keep fresh and you can make a hot meal even if you can't get out of the house in bad weather.

Have plenty of hot drinks like tea, coffee or hot water as this will help to keep you warm. Just boil the amount of water you need each time and this will save you money too!

Make sure you have enough of your prescription medicines. If the weather turns bad you may not be able to collect or have your medicines delivered, check the forecasts and make sure you have enough in stock.

The flu is much more serious than a cold; it often leads to a hospital stay and can be fatal. Keep yourself safe and make sure you have your flu jab. People over 65 or people with existing medical conditions get this for free so make sure you get yours. Visit your GP or a participating pharmacy.

Make sure you can check the temperature in your living room and bedroom. If possible have a simple thermometer or set your heating controls to the right temperature. Ask someone for help if you cannot work your heating controls properly.

Wear a few layers of thin clothing rather than 1 thick layer; this will trap the heat better to keep you warm. Socks and hats are great too as hands and feet can soon get cold. Wearing socks and a hat in bed is also a good idea.

Cover yourself with a blanket or shawl if you are sitting for long periods, as this will help keep you warm and put your feet up if you can as the air is colder near the floor.

Tuck curtains behind radiators, this will keep the heat in the room.

Keep moving if you can, this will help keep you warm. Try not to sit for more than one hour - get up and walk around, make a hot drink and spread housework throughout the day. If walking is a problem try moving your arms and legs whilst sitting or wiggling your fingers and toes.

Keeping well means being able to do more and keep your independence. Being cold isn't just uncomfortable, it can be very bad for your health.

Sitting or sleeping in a cold room is not good for you: it can increase the risk of heart attacks, stroke, breathing problems and bad chests.

Here are ten top tips to keep warm and cosy this winter.

1. Make sure you can check the temperature in your living room and bedroom. If possible have a simple thermometer or set your heating controls to the right temperature. Ask someone for help if you cannot work your heating controls properly.
2. Wear a few layers of thin clothing rather than 1 thick layer; this will trap the heat better to keep you warm. Socks and hats are great too as hands and feet can soon get cold. Wearing socks and a hat in bed is also a good idea.
3. Cover yourself with a blanket or shawl if you are sitting for long periods, as this will help keep you warm and put your feet up if you can as the air is colder near the floor.
4. Tuck curtains behind radiators, this will keep the heat in the room.
5. Keep moving if you can, this will help keep you warm. Try not to sit for more than one hour - get up and walk around, make a hot drink and spread housework throughout the day. If walking is a problem try moving your arms and legs whilst sitting or wiggling your fingers and toes.

To keep yourself warm and well try to heat your home to a minimum of 18°C (64°F).