

Keeping warm and well

Information around how to keep safe
in the cold weather.



[www.derbyshire.gov.uk
/staywellthiswinter](http://www.derbyshire.gov.uk/staywellthiswinter)

The cold weather can cause problems for some people. So we've put together some useful information about how to keep you and your family well during winter.

Be prepared!

If you are not on mains gas or electricity, make sure you have a good supply of heating oil or LPG or solid fuels, so you don't run out of fuel over winter

Ensure all heating and cooking appliances are checked by a Gas Safe registered engineer

Stock up on tinned and frozen food to avoid going out when it's cold or icy

Watch the weather forecast and prepare for the colder weather. You can sign up for cold weather alerts on the Met office website at

www.metoffice.gov.uk

Contact your water and power suppliers to see if you are eligible to be on the Priority Services Register. Find out more at

www.derbyshire.gov.uk/priorityservicesregister

Try to prevent any trips, slips and falls as these are one of the biggest causes of hospital admissions for older and more vulnerable people.

Find out more about falls prevention at www.derbyshire.gov.uk/falls and contact Age UK Derby and Derbyshire for information about falls prevention classes

Get winter tyres fitted to your car and keep items such as jump leads, warm clothing and a blanket in your car in case of break downs.

Medications

- Take up any winter vaccines you are offered to help you stay well this winter.
- Make sure you have enough medication at home in case you are unable to go out due to bad weather
- If you want more advice about protecting your health during the winter visit www.NHS.uk/keep-warm

Keep your home warm

- Heat your home to at least 18°C
- Draw your curtains at dusk to help keep the heat generated inside your room
- Insulate and draft proof your home
- Check if there are any grants or benefits available to you to help with bills and/or energy efficiency
- There's lots of advice at www.derbyshire.gov.uk/staywarminwinter



Keep yourself warm

- Make sure you are layered up with lots of thin layers of clothing made from wool, cotton, or fleecy material
- Always wear socks and good fitting slippers with good grips when inside and change into shoes with a good grip when heading outside to prevent trips, slips and falls.
- If you use an electric blanket always use it as instructed. Get it tested for safety every three years. Don't use it with a hot water bottle
- Have plenty of hot food and drinks throughout the day.

Keep moving

Exercising can help you keep warm – If possible, move around at least once an hour.

If it is difficult to move about then stretching your arms and legs can also help you keep warm

If you have a health concern then please speak to your GP before starting any exercise plans.

Watch out for symptoms of hypothermia such as shivering, lips going blue, slurred speech and unusual clumsiness. Find out more at

www.nhs.uk/conditions/hypothermia

Keep in touch with neighbours, family and friends in cold weather. Make sure you let someone know if you need some practical help, are feeling unwell or if you just want a chat

Other useful information

If you are struggling to pay your energy bills then we recommend that you talk to your energy supplier as early as possible.

Ofgem rules state that your supplier has to help. This will usually be by negotiating a payment plan with you. In addition some suppliers have financial help funds.

Think Which Service

Get the right healthcare advice, support and treatment as quickly as possible. Visit: joinedupcarederbyshire.co.uk/stay-well/think-which-service

Welfare Rights

Our Welfare Rights team can check you're claiming all the benefits you're entitled to.

Call: 01629 531535.

Visit: www.derbyshire.gov.uk/welfarebenefits

Marches Energy Agency

Warmer Derbyshire (MEA) can give advice on energy costs.

Call: 0800 6771332

Email: wdd@mea.org.uk

The Derbyshire Discretionary Fund

If you are in financial hardship, you may be eligible for an emergency cash payment from the DDF.

Call: 01629 533399.

Visit: www.derbyshire.gov.uk/discretionaryfund

Affordable Credit Team

Find out about safe, lower cost borrowing options with Credit Unions and Community banks. Visit: www.derbyshire.gov.uk/creditunions

Citizens Advice

Citizens Advice can offer support and information around debt and energy costs. Find your nearest branch at www.citizensadvice.org.uk

Mental health support

If you find yourself feeling isolated or overwhelmed over the winter months you can reach out for support. Visit: www.derbyshire.gov.uk/mentalhealth

Keeping children safe in the cold weather



[www.derbyshire.gov.uk/
staywellthiswinter](http://www.derbyshire.gov.uk/staywellthiswinter)

Did you know that children are more vulnerable to the cold?

Children's bodies are smaller and they lose heat quicker than adults so here are some top tips to keep children warm and safe in the cold weather.

Be prepared !

Sign up to the Met office Health alerts at www.metoffice.gov.uk and watch the weather forecast to help you prepare for colder weather.

Ensure you are aware of the procedures that your child's nursery or school has in place in case of bad weather.

Get winter tyres fitted to your car and keep a items such as jump leads, warm clothing and a blanket in the car in case of break downs.

Flu vaccination

Most children are eligible for an annual flu vaccine which is often given by a nasal spray.

Speak to your GP, practice nurse or health visitor about this if your child has an underlying illness, as they may be eligible for a vaccine from six months old.

Children who catch flu after vaccination are less likely to be seriously ill or admitted to hospital.

Outside safety

Keep an eye on children playing outside in the cold weather – if they are not moving around much or start to shiver, bring them inside to warm up.

Watch out for symptoms of hypothermia such as shivering, lips going blue, slurred speech and unusual clumsiness. Find out more at

www.nhs.uk/conditions/hypothermia

Ice can be a big risk to children. Be aware of any ponds, rivers or lakes that may have frozen over and never attempt to go near or walk on them. It is important to teach children the dangers of frozen water.

Clothing

Dress children in layers - a few light layers will keep them warmer than one heavy layer

Start with a vest and then a t-shirt and another layer on top. These can be taken off throughout the day

Dress babies and young children in one more layer than an adult would wear.

Keep their head, neck and hands covered - put gloves or mittens and a hat on them.

It's also important that they do not wear any clothing that might get caught on branches or play equipment, such as scarves or clothes with drawstrings.



Stay safe and well

In drier winter air children lose more water through their breath. So keep them hydrated and offer plenty of water - try giving them warm drinks and soup for extra appeal.

Remove outside clothes when indoors, even when babies are asleep. Pull back carrycot hoods and remove rain covers when inside

In the car make sure babies and toddlers are not wearing thick coats or snowsuits. Too many layers or thick coats are dangerous because it can leave their car seat harness too loose to be effective in a crash.

Remind children to wash their hands regularly to reduce the spread of bugs like norovirus and Covid-19.

Night time

During the night it's important that babies do not get too warm.

The chance of SIDS (sudden infant death syndrome) is higher in babies who overheat. Check your baby's temperature often by placing a hand on their tummy or the back of their neck.

You don't need to keep your heating on at night, just add an extra layer. If you do decide to keep the heating on, make sure the temperature is between 16-20°C.

Other useful information

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Welfare Rights

Our Derbyshire Welfare Rights team can check if you are claiming all the benefits that you are entitled to.

Call: 01629 531535.

Visit: www.derbyshire.gov.uk/welfarebenefits

Marches Energy Agency

Warmer Derbyshire (MEA) can give advice on energy costs. MEA can also visit your home to advise you on insulation and draught proofing.

Call: 0800 6771332

Email: wdd@mea.org.uk

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