

# Contact Us

For help and advice contact Stockton-on-Tees Borough Council:

## 01642 528215

Lines open 8.30am - 4.30pm, Monday - Friday

[www.stockton.gov.uk/warmhomes](http://www.stockton.gov.uk/warmhomes)



*It's not just about the bricks*

Home Improvement Agency

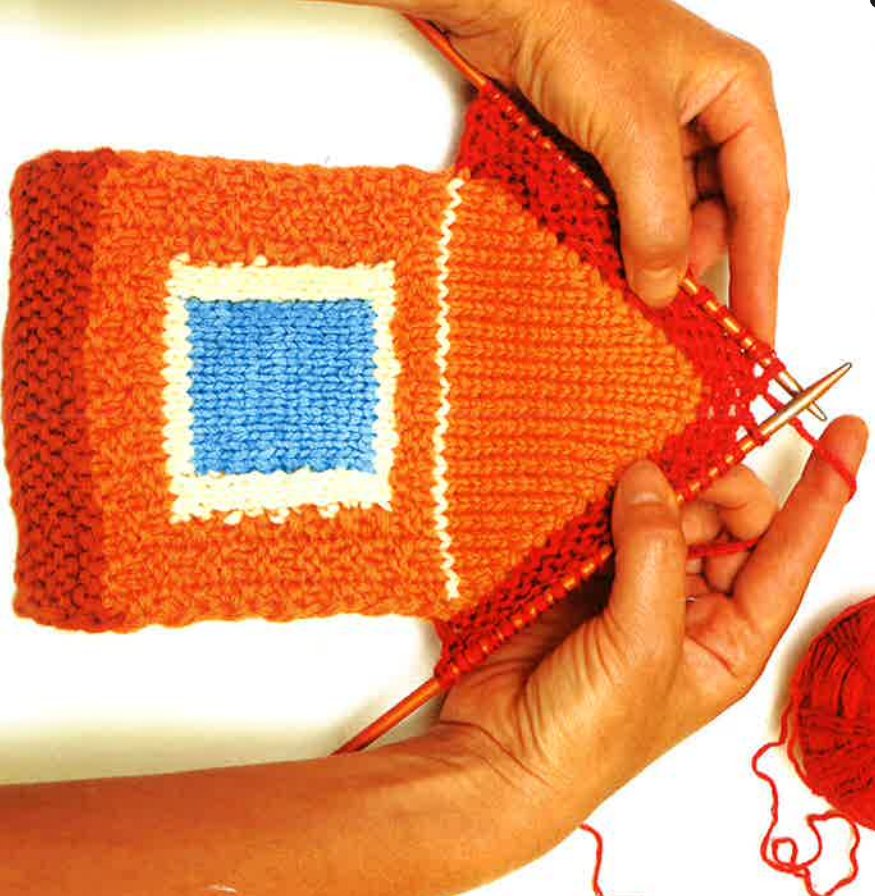


Protecting local communities

# Warm Homes Healthy People

in Stockton-on-Tees

Helping you stay warm and well during the cold weather



Stockton-on-Tees  
BOROUGH COUNCIL

Health and Wellbeing

Big plans for the health of our people

# Be Prepared!

Warm Homes Healthy People in Stockton-on-Tees has been set up to give support to people whose health makes them vulnerable to cold weather.

## Do ANY of the following apply to you?

- Over 75
- In receipt of disability benefits
- Have a long term illness made worse by the cold
- Live with a child (under 5) who has a long term illness made worse by the cold

## We can help with:

- Emergency heating
- Energy debt advice and welfare benefits advice and assistance
- Home handyman service – which can assist with minor repairs
- Installation of smoke alarms, carbon monoxide detectors and falls prevention advice where needed
- We also offer wider advice and support to help keep you healthy and more able to cope with cold weather
- The project also runs a buddying/befriending service where a volunteer can keep in touch with you during cold weather to give you any support you need.

## If you are in receipt of qualifying benefits

- Boiler servicing and repairs

## How does cold weather affect health?

Cold weather can have a serious impact on health and make people more vulnerable to pneumonia, heart attacks, strokes and depression. Keeping warm and healthy during cold weather can help keep illness away.

## Simple measures to help you stay warm and healthy:

- **Keep your home warm** – between 18-21°C is the recommended temperature. Find out about grants for insulation and boiler replacements
- **Wrap up well**, several thin layers are better than one thick layer. Don't forget hats, gloves and scarfs
- **Keep active**, avoid sitting for long periods, move around regularly - even light exercise will help keep you warm
- **Get the flu jab** - free for over 65s, people with long term illness or pregnant women
- **Eat well** - make sure you have hot meals and plenty of warm drinks throughout the day
- **Look out for elderly neighbours and relatives**, check they are safe and well.



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