

WINTER
Wellbeing



TOP TIPS

♥ for staying **warm and well** this winter ♥

Call us on **0800 954 1956**

1

Keep warm and try to keep your heating at 18°C (living areas) 16°C (bedrooms)



2

Boiler Flow settings - you can cut gas costs by 6-8% by lowering the temperature flow setting on your combi or condensing boiler. Call 0800 954 1956 for advice

3

Have regular hot meals and drinks



4

Call us for financial help and advice on grants to stay warmer for less

5

Insulate and draught proof your home, call us to see how we can help

6

If you own your home, join the Priority Services Register - contact your energy provider or Citizens Advice Cornwall



7 Check and service your heating systems yearly



8 Keep moving regularly to help keep warm

9 Get your Flu, COVID and Booster jabs,) 119 or your GP or pharmacist

10 Move towards work, volunteering and training) 01872 326440

11 Look after yourself and check on neighbours

12 To get a free home fire safety check) 0800 358 1999

13 Travel safely, consider weather conditions before you travel

14 Access winter support through your local Community Hub



For help this winter call 0800 954 1956
or email: advice@CEP.org.uk



Winter Wellbeing is a partnership of over 30 public, charitable and business organisations.