



Winter wrapped up

How to keep warm and well this winter

- ★ Layer clothes rather than wearing one big jumper. This helps to keep the warmth in. Wear clothes that are made of wool, cotton or fleecy synthetic fibres.
- ★ Try using wrist warmers. They really work and leave your fingers free to work! Also hat, scarf and gloves when you go outside are essential.
- ★ Stay active as much as possible. This helps to keep circulation going which in turn helps us to stay warm. If your movement is restricted, try doing gentle stretches in your armchair – every movement counts!
- ★ Keep your socks and slippers on whenever you are indoors.
- ★ Just having a simple shawl or blanket to cover your legs and feet makes a difference and will provide a lot of warmth.
- ★ Have plenty of hot food and drinks, and aim to include five portions of fruit and vegetables every day. This includes tinned and frozen fruit and vegetables.
- ★ Have your seasonal flu jab.
- ★ Heat the room that you spend most of your day in to around 21°C (70°F) and the rest of the house to at least 16°C (61°F).

- ★ Heat all the rooms you use in the day. Heat your bedroom before going to bed. Keep your bedroom at 18°C (64°F) and keep your bedroom window closed when the weather is cold.
- ★ In bed wear bed socks and thermal underwear and even a hat - a lot of heat is lost through your head. Use an electric blanket – they are efficient, but never use a hot water bottle in the same bed as an electric blanket.
- ★ Have your electric blanket serviced at least every three years.
- ★ Instead of using salt or sand on icy ground you can use ash from your fire.
- ★ Consider putting a curtain up on your back and front doors, and all windows as this can help keep warmth in.
- ★ Keep your mobile phone charged so you can use the battery power if there's no electricity. Have a torch and spare batteries to hand.

Important contact telephone numbers

Police non-emergency – **101**

Gas emergency – **0800 111 999**

United Utilities customer service helpline – **0845 746 2200** or
to report an emergency with your water **0345 6723 723**

Cumbria Health on Call (CHOC) GP out of
hours service – **03000 247 247**

Age UK South Lakeland Helpline – **030 300 30003**

