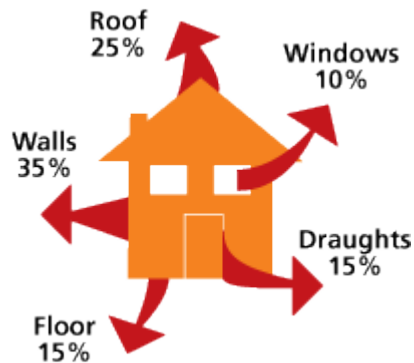


Tips for Keeping Warm This Winter

- Wear several thin layers, rather than one thick layer.
- Draw your curtains, as soon as it gets dark to stop the heat escaping and the draughts coming in.
- make sure you have regular hot meals that contain carbs, such as potatoes, pasta, bread and rice.
- If you're sitting down, a shawl or blanket will provide extra warmth.



Financial help with heating your home

You may be entitled to free insulation if you are over 60, disabled or on a low income, or may be able to get financial help to heat your home.

For more information Contact North East Lincolnshire Council, Home Energy on 01472 324782 or e-mail: energy@nelincs.gov.uk

Signs & Symptoms of Hypothermia



What are the symptoms?

There are three levels of Hypothermia:

- 1.) **Mild Hypothermia:** bouts of shivering, grogginess and confusion
- 2.) **Moderate Hypothermia:** violent shivering, lack of concentration, shallow breathing and a weak pulse
- 3.) **Severe Hypothermia:** shivering stops, loss of consciousness, little or no breathing and a very weak pulse.

Who is at risk?

The elderly and babies under the age of one face the biggest danger. Those with other medical conditions are also at risk.

How can you prevent Hypothermia?

- Wear extra layers of clothing to stay warm
- Drink plenty of fluids (no alcohol)
- Keep well nourished
- Try to remain active in order to keep circulation flowing
- Keep at least one room at a temperature of 70°F (21°C)



Would you make yourself available to clear a path or take emergency food round to a vulnerable neighbour if there are bad snow falls this winter?

In North East Lincolnshire we are encouraging the vulnerable & elderly to stay in and phone a single phone number if they need help.

But those who answer this phone number need to know who they can call out if needed!

Please answer the following by putting a tick or a cross in the boxes below.

- I would prefer to pay for the food items and then collect the money once I have delivered them to that particular person.
- I would prefer to collect money for the food items & then go and get the food items needed.
- I am happy to have a CRB (Criminal Record Bureau) Check.

Sign up today!

Name:

Address:

Contact Number:

For more information call: 07930101907 or email: vicky@vanel.org.uk

Winter Planning ❄️

The Winter Planning team are working in partnership to prepare isolated elderly and vulnerable people in North East Lincolnshire for this winter.



Winter Facts!

Did You Know: You may be entitled to free insulation if you are over 60, disabled or on a low income, or may be able to get financial help to heat your home.

Did You Know: In Yorkshire and Humber last year there were 2,500 Excess Winter Deaths, this is 3 times the amount of people who died from accidents.

Did You Know: In winter, 27 people a day die in Yorkshire & Humber from illness caused by being too cold in their own home.

Did You Know: In 2007, 2.8 million households in Britain experienced fuel poverty.

A list of items you should start stocking up on before winter:

- Coffee/Tea
- Sugar
- Milk (Dried or Long-life)
- Bread (Can be frozen)
- Butter/Margarine
- Tins of Soup, Veg & Fruit
- Frozen meals
- Toilet rolls
- Pet Food
- Torch/Batteries
- Bottled Water
- Light Bulbs

In extreme weather conditions if you need urgent supplies or assistance call this number:

01472 256 256

Winter Planning ❄️

Keep Calm! Stock up, Stay in!



Winter Planning ❄️