



*“Havering has one of the worst rates for excess deaths in winter, ranking 30<sup>th</sup> out of the 32 London Boroughs”*

### **Stay warm and well this winter**

Here are three simple steps to try to keep warm over the winter months:

[Wrap up warm](#), inside and out by wearing lots of thin layers and clothes made from cotton, wool or fleecy fibres to help maintain body heat and wear shoes with a good grip to prevent slips and falls when walking outside.

Keep your home well insulated and your heating working efficiently. If you have reduced mobility, are 65 or over, or have a health condition such as heart or lung disease, heat your home to at least 18C.

Contact the Energy Saving Trust on 0300 1231234 to find out what **grants** and help may be available including;

- [Winter Fuel Payment](#) of between £100 and £300 tax-free, available to help pay your heating bills if you were born on or before January 5 1953.
- [Cold Weather Payment](#) If you are receiving certain benefits
- [Warm Home Discount Scheme](#) offering £140 off your electricity bill without affecting your [Cold Weather Payment](#) or [Winter Fuel Payment](#).