



**Is your home cold?  
Do you struggle with  
your energy bills?**



**Stay warm  
at home**



**Insulate  
your home**  
& find other ways  
to keep it warm

**For impartial advice on  
energy efficiency,  
contact our FREE helpline**

**0800 677 1332**

**or email us**

**[wdd@mea.org.uk](mailto:wdd@mea.org.uk)**



**Afford your  
energy bills**

**Access  
grants and  
financial  
assistance**

**Upgrade  
your heating  
system**



**Wear  
several thin  
layers**  
rather than one  
thick layer.



**Close your  
curtains at dusk**  
to keep the warmth in.  
Tuck them behind  
radiators and close  
doors.

Top tips to

# KEEP WARM, STAY HEALTHY, SAVE MONEY

**Check on  
your neighbours  
and friends**

Are they warm  
enough? Ask them to  
call us if they are  
struggling.



**Stay active**

Get up and walk  
around regularly or  
move your limbs  
whilst sitting.

**Have hot  
drinks**

and hot meals  
throughout  
the day.

**Deal with  
draughts**

There are cheap DIY  
draught proofing  
products available to  
keep you cosy.



**Heat  
your home**

to between  
18°C and 21°C  
when you're in  
during the day.

**Call our FREE helpline for more advice**

**0800 677 1332**

We can give you this information in any other way, style or language that will help you access it.

Please contact us on: 01332 293111 Minicom: 01332 640666