PREPARE FOR WINTRY CONDITIONS

- Keep an eye on weather forecasts, particularly severe weather warnings from the Met Office.
- Stock up on store cupboard basics such as soup, tinned fish and long life milk in case you can’t get out of your home for a few days.
- Nominate a flu friend or neighbour who can collect essentials such as prescriptions on your behalf.
- Keep a list of useful and emergency contacts by your phone.
- Know where your stopcock and gas meter are located.
- Make sure your pipes are adequately lagged and your roof properly insulated.
- Keep torches, a battery powered radio and spare batteries where they’re easy to find in the dark in case of power cuts.

STAY WARM

- If eligible, join the Priority User Register of your energy distributor to ensure you receive support during prolonged power outages.
- Have a hot drink regularly and if you find moving about difficult, have a flask handy.
- Have your heating system checked every year and consider installing thermostatic valves on radiators in the rooms you use the most.
- Ask about any benefits, grants and discounts you might be entitled to such as pension credits, winter fuel payments and insulation.
- Wear warm clothes in layers.

STAY WELL

- Don’t take any risks in snow or icy conditions. If you have to go out, make sure you wear shoes with a good grip.
- Have your flu jab – book your appointment now if you haven’t already done so.
- Try to eat a balanced diet and eat small portions at regular intervals throughout the day.
- Drink plenty of fluids.
- If you can, get up and move around. If your mobility is more limited, do some chair exercises to help you stay warm and active.
- Good hand hygiene can prevent the spread of viruses.

STAY IN TOUCH

- Know how to contact your neighbours by phone - it’s easy to lose touch in the winter when people aren’t out and about as much. Sign up to a Royal Voluntary Service Good Neighbours service to receive regular contact.
- Continue to go to your social activities with friends or at the local community centre. If you can’t get out for any reason, call them to let them know and ask them to keep in touch by phone.
- If you can, get a mobile phone (as it does not rely on your electricity supply) and keep it charged.
- Good hand hygiene can prevent the spread of viruses.

STAY SAFE

- Ensure that only Gas Safe registered engineers work on your gas appliances. Illegal gas fitters can put your life at risk.
- Always check the engineer’s Gas Safe Register ID card.
- Make sure gas appliances have a regular service and a gas safety check every 12 months.
- Look out for any warning signs that your gas appliances aren’t working correctly e.g. lazy yellow or orange flames instead of crisp blue ones, black marks on or around the appliance and too much condensation in the room.
- Know the signs and symptoms of carbon monoxide poisoning - headaches, dizziness, breathlessness, nausea, collapse and loss of consciousness.
- Install an audible carbon monoxide alarm.

If you smell gas, ensure you call the national gas emergency number on 0800 111 999
For most people, putting the clocks back signals the start of winter. For some, especially if you are older or have older relatives, it can be a difficult time and you may need extra help or support. Royal Voluntary Service offers a range of services designed to help and support people at home and keep them connected.

Our volunteers provide transport, help with shopping or someone to drop round for a chat on a winter’s day. We also arrange luncheon clubs and other social events to help people stay in touch and keep active during the winter and throughout the year.

For more information call 0845 607 6524

GET READY FOR WINTER

Useful information to help you stay safe, warm and well this winter

Visit www.royalvoluntaryservice.org.uk

@royalvoluntaryservice

royalvoluntaryservice

GET READY FOR WINTER

Useful information to help you stay safe, warm and well this winter

Visit www.royalvoluntaryservice.org.uk

@royalvoluntaryservice

royalvoluntaryservice