



Tackling Fuel Poverty Together



If you are struggling to afford to keep your home heated to at least 18°C...

Plan to keep just one or two rooms warm safely

- Check out the best way to use your heating system
- Use your heating controls and thermostatic radiator valves (TRVs)
- Maintain ventilation and air flow to avoid damp and mould

visit:
shorturl.at/ivxyZ/

Keep yourself warm

- Wear several light layers of warm clothes
- Keep active indoors
- Have hot drinks and meals
- Use hot water bottles or wheat bags

visit:
shorturl.at/uABDM

Ask us for help, advice and financial support

West Sussex Affordable Energy offers free advice, along with home energy efficiency tips and advice for households:

westsussexenergy.co.uk

Citizens Advice offers energy advice, financial support and fuel vouchers:

arunchichestercab.org.uk/contact-us/energy-2022 or 01243 974063

West Sussex Fire & Rescue Service offers free safe and well visits:

shorturl.at/dgoyG or 0345 8729 719

For a list of warm spaces near you see www.warmspaces.org/spaces

Details of other organisations and sources of cost of living support

West Sussex County Council visit: shorturl.at/emS12

We're here to help you keep warm and well this winter



Cold Homes Kill

Beware of heating risks

- Reduce fire risk from open fires and portable heaters
- Un-swept chimneys or damp wood can start chimney fires
- Install a carbon monoxide monitor
- You can ask the fire service for a free home safety visit
- Check your electric blanket is safe to use.

visit:
shorturl.at/IAFMR

Damp and mould

- Causes breathing problems
- Makes asthma worse
- Can cause damage to possessions and buildings
- You can deal with damp and mould by following the steps provided on our web page. If you rent your home, you can also alert your landlord.

visit:
shorturl.at/lmqrS

Cold causes blood to thicken and blood pressure to rise, increasing the risk of stroke and heart attack

Heat your home to at least 18°C

Did you know?

- Below 16°C breathing becomes more difficult
- Below 12°C there is strain on the heart and risk of heart attack
- Below 9°C can cause hypothermia and risk of death

visit:
shorturl.at/duGP8

Check out the information on how to stay warm and well in cold weather on the other side of this leaflet and at: www.westsussexenergy.co.uk