Healthy and Warm in Derbyshire 2010

Cold weather can cause health problems and can make those people with a long term condition suffer more episodes of ill health. It is essential to keep warm in winter and there are some simple things you can do to keep warm and stay healthy. You could also get financial help with your heating bills and for home improvements. If you notice that the snow is melting off your roof quicker than any other this could be an indication that your loft needs more insulation.
Advice on Reducing energy bills – and grants available

There are many schemes that owner occupiers and private tenants can apply to for loft and cavity wall insulation. Those in receipt of qualifying benefits may qualify for free insulation, or discounted insulation for those not on benefits. For a list of schemes operating in Derbyshire, please contact the Energy Officer at the appropriate Council for information of projects, schemes running in their area. The Energy Officer can also give you information on any other schemes such as Warm Front, Fuel Tariffs, Winter fuel payments etc. (not all Councils have an Energy Officer but the numbers below should get you through to someone who can help).  

<table>
<thead>
<tr>
<th>Council</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amber Valley Borough Council</td>
<td>01773 841332</td>
</tr>
<tr>
<td>Bolsover District Council</td>
<td>01246 242281</td>
</tr>
<tr>
<td>Chesterfield Borough Council</td>
<td>01246 345423</td>
</tr>
<tr>
<td>Derby City Council</td>
<td>01332 255900</td>
</tr>
<tr>
<td>Derbyshire Dales District Council</td>
<td>01629 761212</td>
</tr>
<tr>
<td>Erewash Borough Council</td>
<td>0115 9316061</td>
</tr>
<tr>
<td>High Peak Borough Council</td>
<td>0845 1297777</td>
</tr>
<tr>
<td>North East Derbyshire District Council</td>
<td>01246 217263 on Mon-day-Wednesday, 01246 217260 on Thursday and Friday.</td>
</tr>
<tr>
<td>South Derbyshire District Council</td>
<td>01283 228719</td>
</tr>
</tbody>
</table>

Warm Front Grants

Warm Front is a government-funded scheme, which provides grants to make your home warmer, healthier and more energy efficient. A warm, healthy home has been shown to improve both physical and mental health and well-being. It is important to have adequate levels of insulation and heating. These grants may be available to owner occupiers and tenants of private rented accommodation subject to conditions. For more information contact Warm Front Grant Scheme on 0800 316 2814 quoting MK545 (health) or your Council's Energy Officer.
Handy Van Service for Derbyshire & Derby City

Derbyshire Handy Van Service is now making it safer for older vulnerable people to live in their own homes.

Each Derbyshire district has its own handy van and the service is available to you if you are 60 and over or if you are referred by Derbyshire Fire and Rescue Service, your District or Borough Council, Derbyshire County Council Adult Social Services or Derbyshire Constabulary because you are vulnerable or at risk.

The Derby City Handy Van Service is run by Spirita Home Improvement Agency, in partnership with Derby City Council. You can phone and ask for the van to visit your home and help with:

- Home fire safety checks
- Smoke alarms checked and fitted
- Home security checks
- Energy efficiency advice
- Practical tasks, e.g. changing light bulbs, securing carpets and rugs, removing hanging curtains
- checking stair rails are secure and appropriate, installing key safes, path and door access clearance, securing tap washers to reduce dripping.

Each household will be able to access this free service twice a year. Handy Van’s are available Monday to Friday. They can also make referrals to our agencies for additional services and support that may benefit you, e.g. Telecare Installations.
The Handy Van does not offer an emergency service for plumbing or electrical problems please contact the appropriate services in your area. For further information please contact:

<table>
<thead>
<tr>
<th>Area</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amber Valley</td>
<td>0845 850 8013</td>
</tr>
<tr>
<td>Bolsover:</td>
<td>01246 345748</td>
</tr>
<tr>
<td>South Derbyshire</td>
<td>01283 219761</td>
</tr>
<tr>
<td>Derby City</td>
<td>0845 8508013</td>
</tr>
<tr>
<td>Chesterfield:</td>
<td>01246 345748</td>
</tr>
<tr>
<td>High Peak:</td>
<td>01298 23970</td>
</tr>
<tr>
<td>Derbyshire Dales:</td>
<td>0845 850 8013</td>
</tr>
<tr>
<td>Erewash:</td>
<td>0115 944414</td>
</tr>
<tr>
<td>North East Derbyshire</td>
<td>01246 345748</td>
</tr>
</tbody>
</table>

Keep warm at home
During the day:

- set your thermostat at around 21ºC (70ºF) and heat all the rooms you use in the day
- if you can’t heat all your rooms make sure you keep your living room warm throughout the day and heat your bedroom before going to bed
- set the timer on your heating to come on before you get up and switch off when you go to bed
- in very cold weather, rather than turn the thermostat up, set the heating to come on earlier so you won’t be cold while you wait for your home to heat up.

Dress well

- wear plenty of thin layers, rather than one thick one
- put on a coat, hat, scarf, gloves and warm shoes or boots when you go outside
- wear clothes made of wool, cotton, or fleecy synthetic fibres
- stay warm in bed with bed socks, thermal underwear and a nightcap or headscarf.
During the night:

- try to keep a temperature of above 18°C (65°F) in your bedroom overnight
- if you use a fire or heater in your bedroom during winter, open the window or door a little at night for ventilation
- an electric blanket or a hot water bottle will help you keep warm but never use them together as you could electrocute yourself
- if you have an electric blanket, check what type it is – some are designed only to warm the bed before you get in and should not to be used throughout the night
- if you use an electric blanket make sure it is safe to use by getting it tested every three years. The Fire Brigade, Trading Standards and Age Concern can test your electric blanket for safety.

Eat well

You probably know that keeping yourself as fit and healthy as you can is important all year round. But your lifestyle can make even more of a difference when it comes to keeping well in winter. Eating regular meals can help keep up your energy levels during winter. It’s a good idea to plan your meals to keep your diet as varied as possible. Include plenty of hot food and drinks. Stock up on tinned and frozen foods, especially vegetables, so you don’t have to go out too much when it’s cold.

To find out more about healthy eating, visit the NHS Choices website at [www.nhs.uk](http://www.nhs.uk).
Stay active

We all know that exercise is good for your overall health – and it can keep you warm in winter. If you can stay active, even moderate exercise can bring health benefits.

Patient Advice and Liaison Service (PALS)
If you are a relative or carer and would like to get help on the spot. PALS provides a confidential advice and support service that will help you sort out any concerns you may have about the care provided by the NHS, and guide you through the different services available.

Contact PALS:
NHS Derbyshire County
0800 783 7279

Reduce your energy bills

By following some simple energy-saving tips, you can reduce your bills:
• shut outside doors and close curtains at night
• boil only the water you need rather than filling the kettle completely
• let food cool to room temperature before you put it in the fridge or freezer
• don’t leave appliances like televisions in stand-by mode as they still use electricity; instead, switch them off properly at the set’s ‘off’ switch.

Are we accessible to you? This publication is available on request in other formats (for example, large print, easy read, Braille or audio version) and languages. For free translation and/or other format please call 01773 525099 extension 5587, or email us communications@derbyshirecountypct.nhs.uk