Keep Warm this winter in Southwell and Nottingham Diocese.

Approximately 400 vulnerable people die in Nottinghamshire a year due to winter weather and its impact on their health. Many of these deaths could be avoided by people being more aware of the dangers and taking simple steps to keep warm. We want to help people ‘Keep Warm this Winter’.

People with disabilities and long-term health conditions and older people in our Church families need to be reminded, could you please use the Top Tips in the notices after the service.

Top Tips for Keeping Warm

- Avoid going out in bad weather. If you must go out, wrap up well in plenty of layers, and wear a hat, scarf, gloves and shoes with a good grip.
- Keep active. Move around at least once an hour and don’t sit down for long periods of time. Even light exercise will help keep you warm.
- Make sure that heating, radiators and boilers are serviced and in working order to reduce the risk of breakdown in cold weather. If you need help with this contact an approved traders
- Use a thermometer to check the temperature in your home. Your main living room should be between around 18-21C (64-70F) and the rest of the house at a minimum of 16C (61F). In some circumstances the county Council can provide temperature sensors.
• You can also use a hot-water bottle or electric blanket (but not both at the same time) to keep warm while you’re in bed. If you have any concerns about the safety of your electric blanket get it checked, ring the County Council for your nearest exchange scheme.

• Have at least one warm meal each day and drink warm drinks. If you have difficulty with cooking then ask about meals service which may be able to help you.

• Make sure chimneys are swept, preferably in preparation for winter.

• Set heating timers to come on before you get up and switch off when you go to bed.

• Stay warm in bed with socks, thermal underwear and a nightcap.

• If you have heart or respiratory problems stay inside during a cold period (if possible).

• Make sure that you and your family members have received all appropriate vaccinations (influenza, pneumococcal, meningitis), particularly if you or they are in an at-risk group.

• Be a good neighbour. Look out for elderly friends and neighbours. Check they’re safe and well through the winter. Make sure they’re warm enough, especially at night, and have stocks of food and medicines so they don’t need to go out during very cold weather.