

Everyone needs information, support and advice at some time in their life.

THE POP SERVICE OFFERS:

Free, specialist advice from a number of experts working together

Up-to-date information, clarified and simplified

Time for an initial chat on what's bothering you

An opportunity for people over the age of 50 to consider their options for the future

Advice towards an overall healthier lifestyle

To find out when we are in your area or if you would like the **POP Service** to visit your organisation contact the office on:

020 8654 4440

The POP Service

c/o Croydon Neighbourhood Care
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Croydon CR0 6PD

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info@croydonpop.org.uk

Individual leaflets on specific services are available from the POP Service



Croydon Neighbourhood Care

Five Tips To Keep You Warm And Keep The Fuel Bills Low This Winter



During the winter months many people suffer hardship due to increased fuel bills. As a result, we do not heat our homes and become susceptible to illness caused by cold and dampness.

Here are a few tips to make sure that this does not affect you.



Stay Moving

1

Keeping active generates heat and helps to keep you warm. It is good for general fitness and wellbeing too! So when you are indoors try not to keep still for more than a hour. Why not get up and walk around? Or even make a lovely warm drink and spread any chores throughout the day. You can also try some chair based exercises by simply moving your arms and legs and wiggling your toes.

Eat Well

2

Hot meals and drinks are key to keeping warm, so eat at least one meal and have hot drinks during the day. Include a wide range of foods in your diet and aim to get your 5 portions of fruit and vegetables a day to ensure you get plenty of nutrients and vitamins. Remember that frozen vegetables are as good as fresh. Take a hot drink in a flask with you when you go out.

Seasonal Flu Jab

3

If you are over 65, be sure to have a flu jab. Seasonal flu viruses are always changing, so you need to have a jab every year, using the latest vaccine. Flu is not only unpleasant; it can also develop into pneumonia, which can be extremely serious. A flu jab is also recommended if you are under 65 with a condition such as diabetes, a chronic heart, lung, kidney or liver problem, Parkinsons or have had a stroke.

Keeping Warm and Saving Energy

4

Most of us spend a lot of time indoors during the wintry cold months, so it is important that you are comfortable and safe. Here are some tips to keep you warm and help you save energy:

- Close the curtains at night and fit thermal linings if you can; this will help keep the heat in.
- Take a hot water bottle to bed with you
- Use an extra duvet or blankets at night to keep you warm
- Install energy saving light bulbs to save electricity – make sure you replace an ordinary light bulb with one that gives the same amount of light. This information should be on the label.
- When you put the kettle on, only boil the water you need
- Keep lids on saucepans to avoid wasting heat
- Always turn lights off when you leave the room
- Turn off electrical goods on standby such as DVD players and set-top boxes. You could save up to £40 per year.
- Block up draughts around doors and windows or get someone to help you do it
- If you have a hot water cylinder, set it at 60 degrees

Energy Advice and Grants

5

There are other ways to cut your energy bill, by seeking advice or installing insulation.

- The **Energy Saving Trust** provides impartial energy saving advice and information about grants for installation. Contact them free on **0800 512 012** or visit www.energysavingtrust.org.uk.
- If you are over 70 or in receipt of certain benefits, then you are eligible for free loft and cavity wall insulation. This could save you as much as £150 per year.
- Discounted loft and cavity wall insulation and top up loft insulation is available for all others – you should pay no more than between £100-£160 for either loft or cavity wall insulation for a typical three-bed house.
- If you are worried about heating your home or paying increased energy bills, contact a free service called **Home Heat Helpline** on **0800 33 66 99** or www.homeheathelpline.org.uk
- You could potentially save hundreds of pounds on your energy bills by switching your supplier. Compare deals on price comparison websites such as confused.com, moneysupermarket.com or energyhelpline.com. The **POP Service** will be able to take you through the process even if you do not have access to the internet.