

Keep warm and well in West Sussex

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 ways to use your heating system.
- Use your heating controls and thermostatic radiator valves (if you have them).
- Maintain ventilation and air flow to avoid damp and mould.

Scan this QR code for tips from West Sussex Affordable Energy



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.

Scan this QR code for tips from Money Saving Expert on heating the human not the home.



What is carbon monoxide?

Carbon monoxide (CO) is a colourless, odourless, tasteless, poisonous gas produced by incomplete burning of carbon based fuels (including gas, oil, wood, petrol and coal).

Because you can't see it, taste it or smell it it is highly dangerous and in certain conditions it can kill quickly without warning.

For more information on staying safe from the dangers of CO scan this QR code.



Sign up to the Priority Services Register

The Priority Service Register is a free UK wide service which provides extra advice and support when there's an interruption to your electricity, gas or water supply.

To find out if you are eligible for the PSR scan this QR code.



Save water and money in your home

- Take shorter showers
- Switch the tap off while brushing your teeth
- Check for leaking toilets or taps.
- Fill your dishwasher or washing machine

To find out how much water and money you can save per year and for more top tips on saving water in the home scan this QR code.

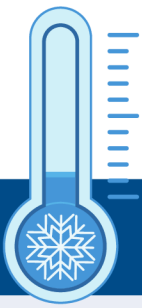


Check out the information on staying healthy and who to contact for advice and help on the other side of this leaflet and at: www.westsussexenergy.co.uk

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Dedicated to keeping
you safe, warm and well
this winter.



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Cold Homes Kill

Beware of heating risks

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

For more information on home fire safety scan this QR code



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.

For more information on damp and mould scan this QR code



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 a strain on the heart and a risk of heart attack.
- Below 9°C can cause hypothermia and risk of death.

For tips on staying warm, well and healthy at home scan this QR code



Ask us for help, advice and financial support.

West Sussex Affordable Energy - offer free advice, along with home energy efficiency tips and advice for households: www.westsussexenergy.co.uk or 0800 145 6879

Arun & Chichester Citizens Advice - offer free advice, financial support, fuel vouchers and much more: www.arunchichestercab.org.uk or 0800 145 6879

West Sussex Fire & Rescue - offer free safe and well visits: <https://www.westsussex.gov.uk/fire-emergencies-and-crime/west-sussex-fire-and-rescue-service/home-fire-safety/> or call 0345 8279 719

If you smell gas call the National Gas Emergency Number on 0800 111 999

If you experience a power cut, call Scottish and Southern Electricity Networks (SSEN) on 105. This is a free, 24-hour emergency number that will connect you to your local distribution network operator.

Details of other organisations and sources of cost of living support:

<https://www.westsussex.gov.uk/leisure-recreation-and-community/cost-of-living/>
www.gov.uk/help-for-households

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

This leaflet is made with thanks to our partners at SGN, SSEN and Southern Water.