

Keep Warm and Well

2022-23

Keep warm, stay well

Welcome to Barnsley's guide to keeping warm and well for winter 2022-23. The cold weather can be seriously bad for your health, especially if you're under five, over 65, pregnant, or have a long-term health condition. The good news is there are lots of things you can do. This booklet is full of top tips and information on ways to make sure you, your friends and family can cope with cold weather this winter.

- ✓ Use our Warm Homes team for help to keep your home warm. Having your home at least 18°C or 64°F is better for your health.
- ✓ Look out for others during cold weather.
- ✓ Stay as active as you can. Any exercise will help your physical and mental health.

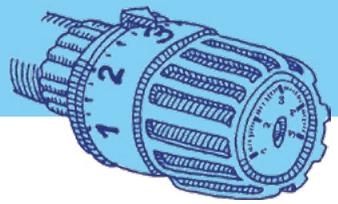
We know this winter will be difficult financially for a lot of people. Search 'more money in your pocket' on the council website for local support.

[barnsley.gov.uk/moremoneyinyourpocket](https://www.barnsley.gov.uk/moremoneyinyourpocket)

For more info visit
www.barnsley.gov.uk/ready-for-winter
or call 01226 773366.



BARNSELEY
Metropolitan Borough Council



Warm homes support

Do you struggle to pay your energy bills?

We know that this winter will be difficult for many people, and our Warm Homes team are here to help.

If you're worried about paying your energy bills or struggling to keep your home warm, we can help by advising you on making your home warmer and cheaper to run.

We can advise you on:

- improving your home with energy-saving measures
- energy bills and tariffs
- energy debt

Please get in touch by calling 01226 773366 or emailing warmhomes@barnsley.gov.uk.

Did you know?

- If you're eligible for the Warm Home Discount, you could get £150 for your energy bills over winter. Go to gov.uk/the-warm-home-discount-scheme for more information.
- Installing energy efficiency measures is one of the best ways to reduce the energy you use. Funding is available through the council to install these in your property, subject to eligibility.
- Paying your energy bills by monthly direct debit can save you up to £85 each year.
- If you were born on or before 25 September 1956, you could get between £250 and £600 from the government to help you pay your heating bills, known as a Winter Fuel Payment. Go to gov.uk/winter-fuel-payment for more information.



- Cold weather payments are made automatically if you are eligible.
- All households will receive £400 off their energy bills from October. The discount will be made automatically by energy suppliers in six instalments to help families through the winter.
- People who meet certain criteria might be able to get extra support from their energy supplier by signing up for the Priority Services Register. Speak to your supplier to see if you're eligible.

For more information on ways to keep warm and save money on your energy bills this winter, visit [barnsley.gov.uk/warmhomes](https://www.barnsley.gov.uk/warmhomes).

Boost your immunity this winter



Since the first COVID-19 vaccine was given, it has saved lives and made it safer for us to live with COVID. But the virus is still with us and is still making people very ill every day.

As we head into autumn and winter, flu will also be around. For most people flu is unpleasant, for some it can be very dangerous and even life-threatening. The flu vaccine is the best protection against getting seriously ill from flu and spreading it to other people.

Getting your flu and COVID vaccines are two of the most important things you can do to keep yourself and others around you safe this winter. You can find out more about how to book an appointment by visiting [nhs.uk/flujab](https://www.nhs.uk/flujab) and [nhs.uk/covid-vaccine](https://www.nhs.uk/covid-vaccine).



Falls prevention



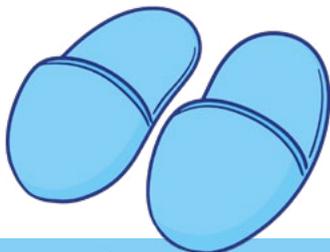
Falls are a common problem for older people, seriously impacting health and independence. There are lots of simple things you can do to reduce your risk of falls, including:

- Regular ear checks and sight tests to help identify problems early.
- If you're taking medication, make sure you have a yearly review.
- Avoid drinking excessive amounts of alcohol.
- Watch out for clutter, trailing wires, rugs, uneven floors, spills and slippery floors.
- Properly fitted shoes and slippers can help reduce slips and trips.

Find out more at barnsley.gov.uk/fall-proof.

Exercise is a great way to improve your strength and balance while reducing your risk of falls. Get inspired at barnsleywhatsyourmove.co.uk.

Our Barnsley Older People Physical Activity Alliance (BOPPAA) also offer a wide range of fun activities in our communities to get you moving. Find out more at boppaa.ageukbarnsley.org.uk.



Barnsley Older People
Physical Activity Alliance



Get a free fire home safety check



South Yorkshire
FIRE & RESCUE

“Look out for older friends and relatives this winter. Keep an eye out for potential fire hazards and make sure they have working smoke alarms. If the temperature drops and you use an electric heater, keep it well away from anything flammable including decorations and soft furnishings, and never use one to dry clothes. Make sure you have a working smoke alarm on every floor of your home and test them regularly.”

South Yorkshire Fire & Rescue, syfire.gov.uk

To check your eligibility for a Home Safety Check, please complete our online form at syfire.gov.uk/safety-advice/request-a-visit/ then click Start Your Online Home Safety Check. If you're having problems with the online form, please call our hotline on 0114 253 2314 for further support.

Advice from Berneslai Homes

Make sure you prepare yourself for the cold this winter. Visit the Berneslai Homes website, berneslaihomes.co.uk, for useful tips and advice to help protect you and your home.

If you are struggling with the cost of living and paying your bills then the Tenants First team can help and support you. Contact the team online or call 01226 787878.



Safe sleeping

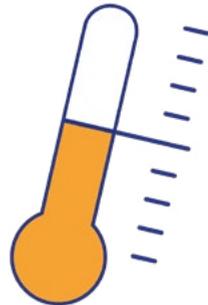
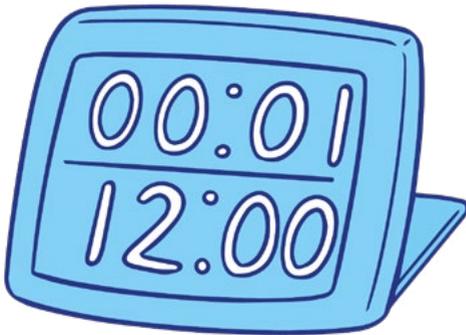
Keeping your baby at a comfortable temperature while they sleep will help keep them safe and reduce the risk of Sudden Infant Death (SIDS).

A room temperature of 16–20°C, with light bedding, is comfortable and safe for sleeping babies. Babies should never sleep with a hot water bottle, electric blanket or next to a heater, fire or radiator.

Remove outdoor clothing such as coats and hats when coming indoors, as babies can overheat because of too much clothing.

The safest place for a baby to sleep for the first six months is in their cot or Moses basket in the same room as you. For more information about safe sleeping, visit lullabytrust.org.uk.

If you want any support you can contact our 0–19 Public Health Nursing Service on 01226 774411, email 0-19HealthTeam@barnsley.gov.uk or Facebook: Barnsley PHNS.

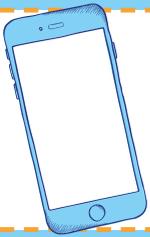


Top tips



Keep up to date with weather warnings on the Met Office website: metoffice.gov.uk.

If you need to access anything online, there's free WiFi in Barnsley town centre.



If you're worried about an adult or child's safety or wellbeing, call 01226 773300 for adults or 01226 772423 for a child. If it's an emergency ring 999.

Make sure to have a supply of food and medicines in the house.



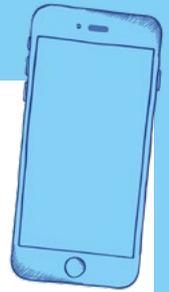
For local advice and support on money, benefits and more, call Age UK Barnsley on 01226 776825, DIAL on 01226 240273 or Citizens Advice Barnsley on 0800 144 8848.



If you are worried about someone sleeping rough this winter, please report it through Streetlink: streetlink.org.uk, by emailing advice@barnsley.gov.uk or ringing 01226 773870.



Need medical advice?



Visit your pharmacist at the first sign of illness. Pharmacists are trained medical professionals and can help you with many minor ailments and illnesses.

If you need urgent medical assistance, call 111 or visit NHS 111 online at 111.nhs.uk.

In an emergency, call 999.

Remember that GP appointments are now available at evenings and weekends in Barnsley, call iHEART Barnsley on **01226 242419** or visit barnsleyhealthcarefederation.co.uk/i-heart-barnsley-365

You can also download the NHS app to your smart device, where you can check your symptoms, book appointments and order repeat prescriptions.

Renting your home?

Your landlord's obligations

Your property should have an appropriate heating system which has been safely installed, is maintained and should be controllable by you. If you think that your property is too cold, too expensive to heat, or you have mould and damp then ask your landlord for help. For more support, email safer@barnsley.gov.uk or visit barnsley.gov.uk/services/housing.

Our Housing Team can also help with people struggling with self-neglect or hoarding. Contact them for support or visit barnsley.gov.uk/services/housing/self-neglect-and-hoarding/.

