



## Independent Living – Making your own choices

Staying warm this winter

Turning homes and neighbourhoods  
into places where people  
want to live and choose to stay



## Keeping yourself warm

There are lots of simple things you can do to help keep yourself warm. Many of the tips here are common sense, but are worth remembering.

### Eat for warmth

Eating properly plays a big part in keeping warm and well. Regular hot meals and hot drinks provide warmth and energy. Even if you don't feel like cooking, try to have at least one proper hot meal a day. Potatoes, beans, bread, milk, eggs, meat and fish are all good sources of protein, energy and vitamins.

It is advisable to keep a well stocked food cupboard and, if you have one, to keep your freezer well stocked.

### Keep moving

Many people find that it gets more difficult to keep warm as they get older. Any activities from walking to the shops to doing housework will help to get your circulation going and warm you up. So, if you are able try not to sit for long periods - get up and move around a bit.

If you have difficulty walking, try moving your arms, legs and wiggling your toes and fingers as this will help. If it is very cold outside or icy underfoot try to keep active indoors.

The communal heating in your scheme is there to keep these areas warm. Don't turn them down or off. The heating bill for these areas has already been budgeted for in your service charge.

Similarly, the communal lighting needs to be on to maintain light levels, thus avoiding trips and falls.

### Dress for warmth

Wrapping up warmly, both indoors and out is very important. Here are some tips:

- Several layers of thinner clothing, which trap warm air between them, will keep you warmer than one thick jumper.
- Clothes made from wool, cotton or fleecy synthetic fibres are usually warmer.
- Wearing thermal underwear, such as long-sleeved vests and long johns, warm thick tights or long socks and a warm pair of slippers can help beat the chill.

- When sitting down, a shawl around the shoulders or a blanket over the knees will provide a lot of warmth.
- When you go out, be sure that you have dressed correctly for the weather. It can be colder than it looks.
- Make sure that you have enough warm layers on under your coat.
- Don't forget your gloves and wear a hat or headscarf as a lot of your body heat is lost through your head.
- A scarf tucked into your coat collar will protect you from draughts and help keep your neck and ears warm.
- Warm shoes or boots with good grips are also important.
- Try to avoid getting wet. If you can't avoid it, get out of your wet clothes and shoes as soon as you get back indoors.

### Keeping warm at night

It is very important to keep warm in bed at night. Ways to help keep out the cold include:

- Using a hot water bottle or an electric blanket to warm your bed up – but never use the two together water and electricity do not mix.
- Wearing thermal underwear, pyjamas, bed socks and even a nightcap.
- Having a warm milky drink before bed.
- Keeping a flask of hot drink on the bedside table in case you wake up in the night feeling cold - but be careful you can't knock it over during the night.

- Making sure you have enough bed clothes and finally.
- However much you like fresh air, in very cold weather it is advisable to keep your bedroom window closed.

If you do use an electric blanket, check what type you have. Some electric blankets are only designed to warm the bed before you get in and should not be used throughout the night. Remember to turn this type of blanket off before you get into bed.

**Age Concern runs a free scheme to test electric blankets, the scheme runs during October and November at selected locations nationwide. Details can be found in your phone book.**

### Heating your home

The recommended temperature for older people's homes is 21 degrees Celsius (70 F) but you might be more comfortable at a higher temperature. You are at risk of hypothermia if you are exposed to mild cold (-1C to 18C/30F to 64F) for a long time, as well as if you are exposed to extreme cold for only a short time.

**Try to heat your bedroom overnight in the winter months.**



## Cold weather and illness

Take advantage of the flu and pneumonia vaccination.

Give plenty of notice for ordering your repeat prescription.

If you are feeling ill, or if you are worried about a friend, relative, or neighbour, seek medical advice. Contact your Scheme Manager, doctor's surgery or call NHS Direct on 0845 46 47. In an emergency you should contact your emergency call service using your pull cords or pendant.

Always try to let your Scheme Manager, a friend, relative or neighbour know if you're feeling unwell so that they can check you are all right and arrange any help you need.

## Gritting at Schemes

Harvest has now provided each scheme with a grit bin and filled it up with grit in anticipation of ice and snow this winter.

The bin is provided for the use of tenants to grit areas around the scheme as and when they feel necessary.

If friends or family feel that gritting an area is appropriate Harvest are happy for them to assist.

Staff will try to grit an area at the scheme entrance when they are on duty and if doing so doesn't put them at risk of injuring themselves.



INVESTORS  
IN PEOPLE



## Harvest Response

Winner of Customer Contact Association Award 2007 & 2008

Telephone: LoCall **0845 345 0272** – Minicom **0845 345 7484**

All calls are charged at a local rate. Incoming and outgoing calls are recorded for training, security and monitoring purposes.

Opening times:

Monday to Friday 8am to 8pm. Saturday 9.30am to 1pm

Email: [response@harvesthousing.org.uk](mailto:response@harvesthousing.org.uk)

Write to us at: Harvest Response, PO Box 593, Preston PR2 2WU

Need help?	Нуждается в помощи?
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Besoin d'aide ?	el poug vee walel el ?
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<b>0845 345 0272</b>	
Also available in Braille, large print or audio (CD or tape)	

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