

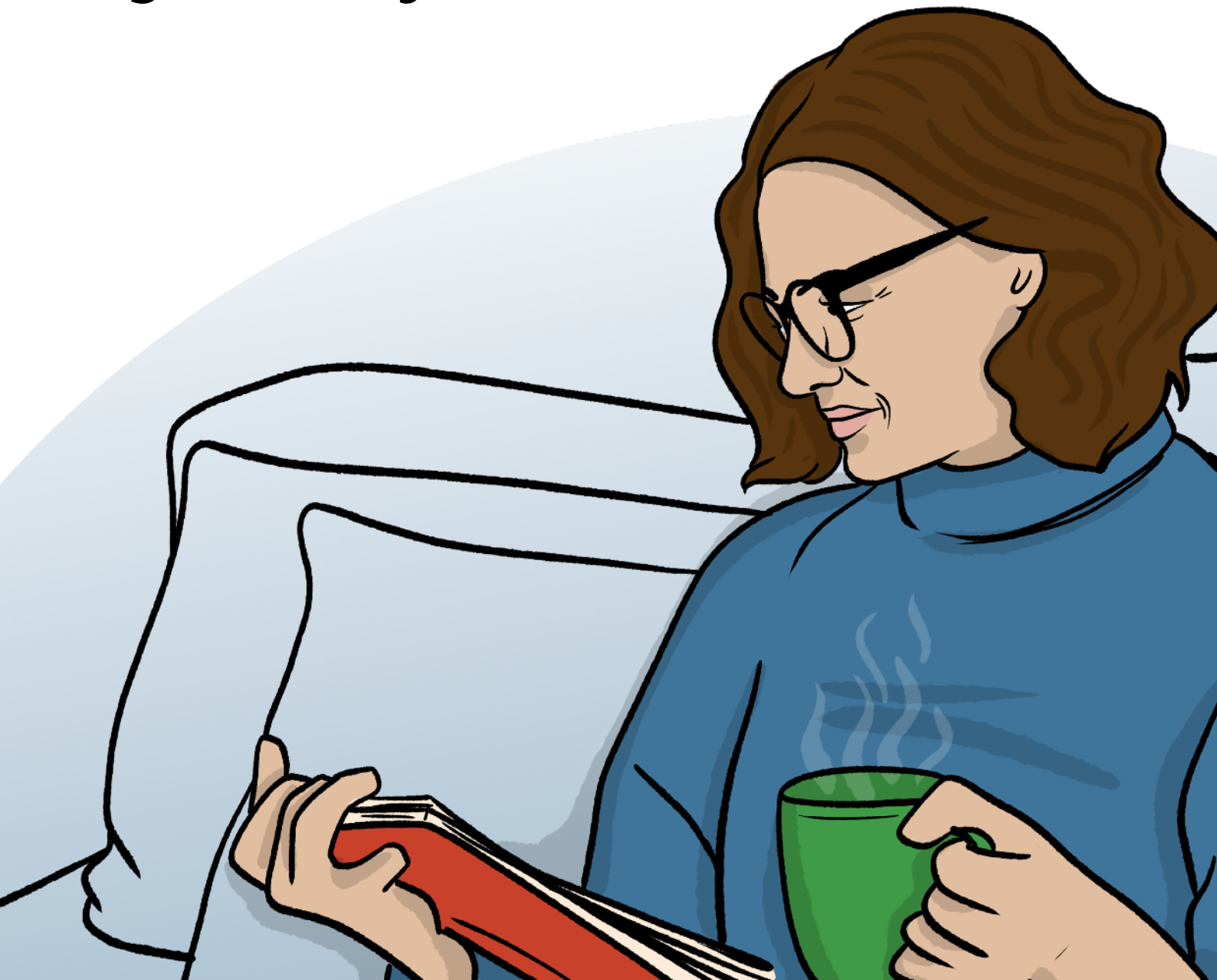


Easy
Read
Online



Winter guide

Easy Read advice to help you
get ready for winter



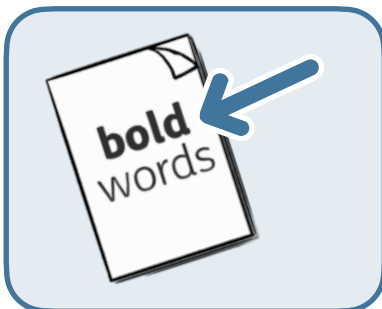
Easy Read



Easy Read is a type of accessible format. It uses easier words and pictures to explain some information.



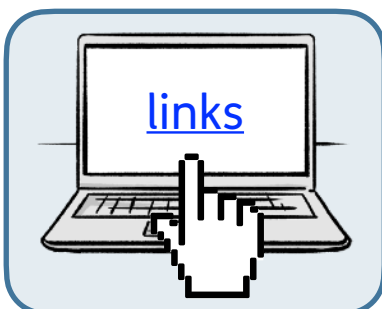
Some people may still want help to read this Easy Read booklet.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

What is in this booklet

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This Easy Read booklet was produced by easy-read-online.co.uk

Some of the advice in this booklet is based on winter guidance from the UK Government and NHS.

About this guide

Winter can be a difficult time of year because:



- The weather gets colder.



- It is harder to stay healthy.



- You spend more money on things like bills.



This Easy Read guide will help you get ready to make the most of winter.

Staying warm

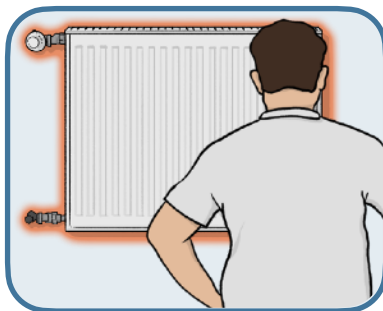
At home



It is important to stay warm at home.

If your home is cold, it could make your health worse.

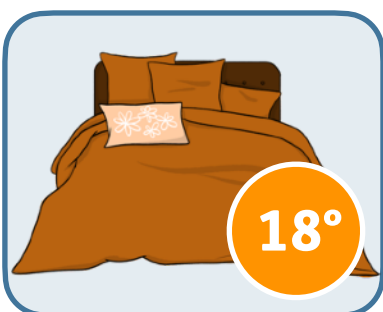
You should:



- Check your heaters and radiators are working before the weather gets very cold.

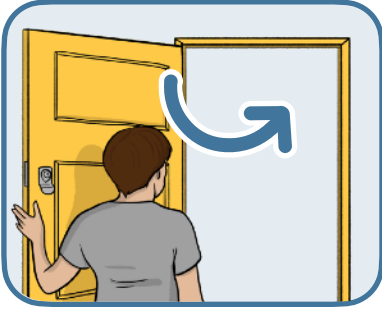


You can get help to fix issues with your heating from the gas safety register: www.gassaferegister.co.uk/

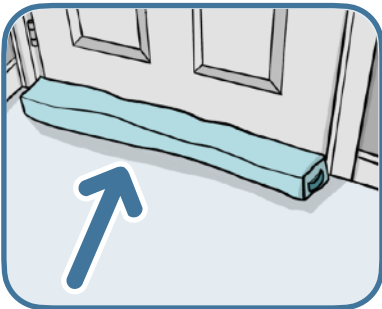


- Heat the rooms you use a lot, like the living room or bedroom, to at least 18 degrees.

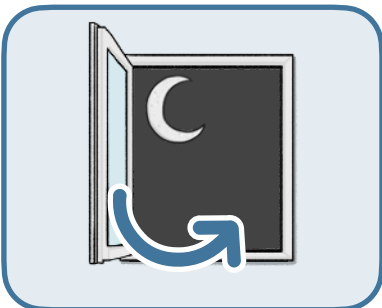
You should also:



- Close doors to keep the heat in your warm rooms.



- Put **draft excluders** around doors.
Draft excluders are made of stuffed fabric or brush and stop cold air coming through cracks around your door.



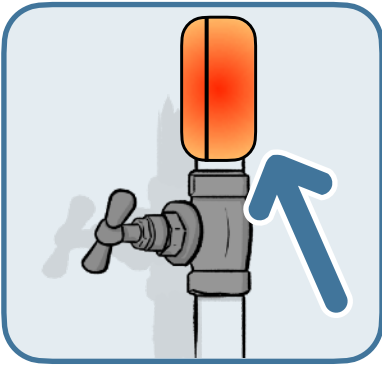
- Keep your bedroom windows closed at night.



- Wear a few layers of thin clothing instead of 1 thick layer. This could keep you warmer.

Home improvements

You could make some changes to improve your home for the winter, like:

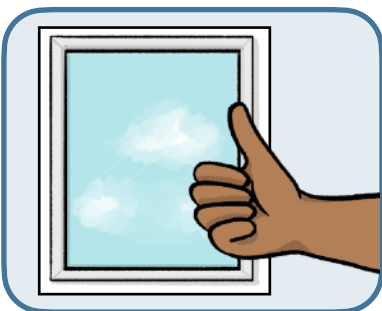


- Putting **insulation** around your water pipes so they do not freeze in cold weather.

Insulation is material that keeps heat in.



- Putting insulation in your walls, and in your loft if you have one.



- Getting double or triple glazed windows to keep the heat in and cold out.

Helping you to pay to stay warm at home



You may be able to get help with paying for insulation or windows. You can find out on this website:

www.gov.uk/government/collections/find-energy-grants-for-you-home-help-to-heat



You can find out more about how to get your home ready for cold weather on this website:

www.energysavingtrust.org.uk



You can find out about ways to save energy in your home on this website:

www.gov.uk/improve-energy-efficiency



You can find advice about saving money on your bills on this website:

www.helpforhouseholds.campaign.gov.uk

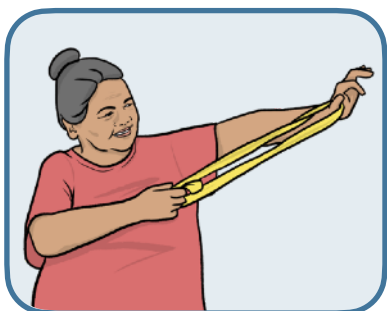
Staying healthy

At home

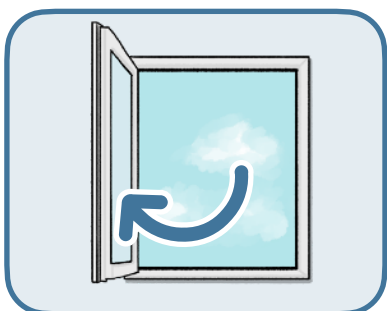
You can help to keep yourself healthy when you are at home by:



- Trying not to sit still for more than an hour or so.



- Stretching your arms and legs if you find it hard to move around.



- Opening a window before and after you have guests in your home. This can stop germs from spreading.

Outdoors



Try to wear shoes with good grip to stop yourself from slipping.

Be prepared



If there is going to be bad weather, make sure you have enough food and medicine at home in case you cannot go out.

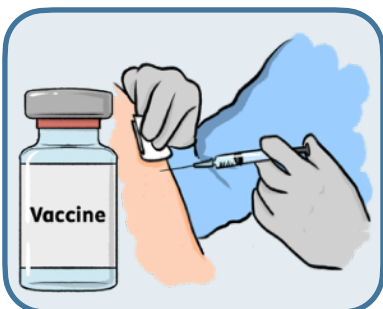


If you cannot go out, try to think of who could help bring you food or medicine.



You may be able to get help with this from the NHS. You can find out more on their website:
www.nhscarevolunteerresponders.org/id-like-support

Vaccines



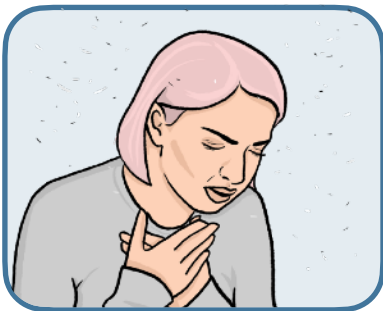
Vaccines are injections or jabs that help to stop you being ill with certain illnesses, like flu and COVID-19.

You can find out more about vaccines from your doctor (GP), or on these websites:



- Flu:
www.nhs.uk/vaccinations/flu-vaccine
- COVID-19:
www.nhs.uk/vaccinations/COVID-19-vaccine

Illness



If you are feeling unwell in your body or mind, you should do something about it before it gets worse.

You can get advice about how to treat a cold and sore throat on these websites:



- Colds:
www.nhs.uk/conditions/common-cold
- Sore throats:
www.nhs.uk/conditions/sore-throat

If you are worried about your health or feeling down, you can get help from:



- Your local pharmacist.

You can find your nearest pharmacist on this website:

www.nhs.uk/service-search/pharmacy/find-a-pharmacy



- The NHS 111 phone line.



- Your doctor (GP).



In an emergency you should call 999.

Helping other people



Try to look out for other people if you can, like your friends, family and neighbours.

You can:



- Contact people to check if they need any help with things like getting food or medicine.



- Get advice from your doctor, your pharmacist or NHS 111 if you are worried about someone's health.



- Call 999 if there is an emergency.

Find out more



To help you with the cost of living, find out about any benefits you could get on the government's website:

www.gov.uk/browse/benefits/low-income



Find out more about the free priority services register, to get help from energy companies to deal with power, gas or water problems:

www.thepsr.co.uk/



To keep up to date with the weather where you live, use the Met Office website:

www.metoffice.gov.uk/



You can find out more about staying well this winter on the NHS's website:

www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well