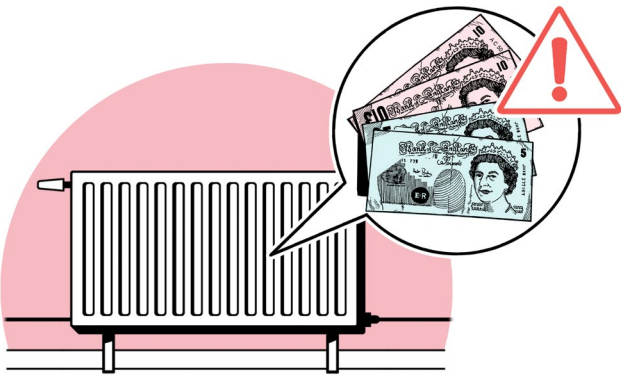
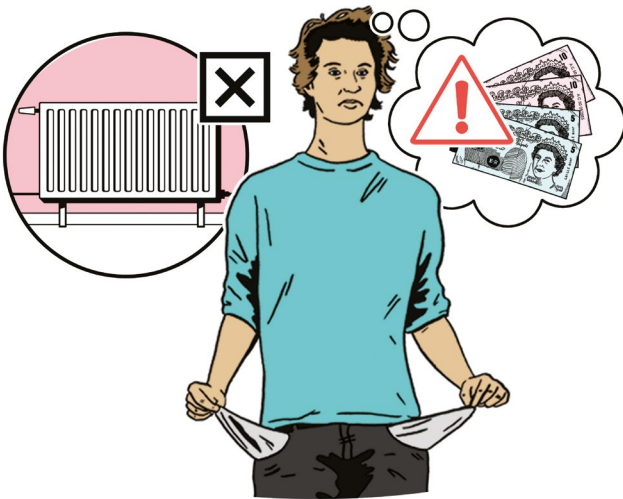


Ways to help you stay warm this winter

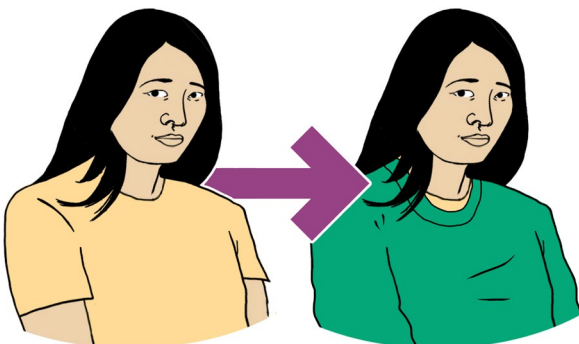
easy read



Energy to heat our homes is costing more than it used to.

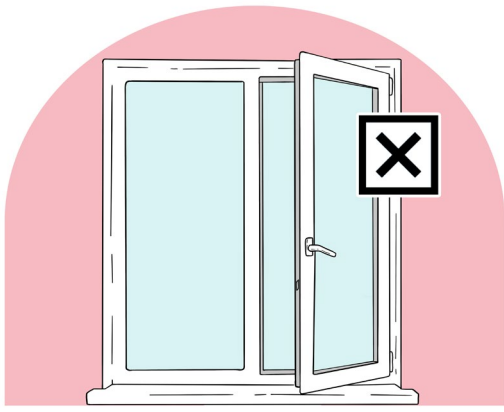


Some people may struggle to afford heating their home.

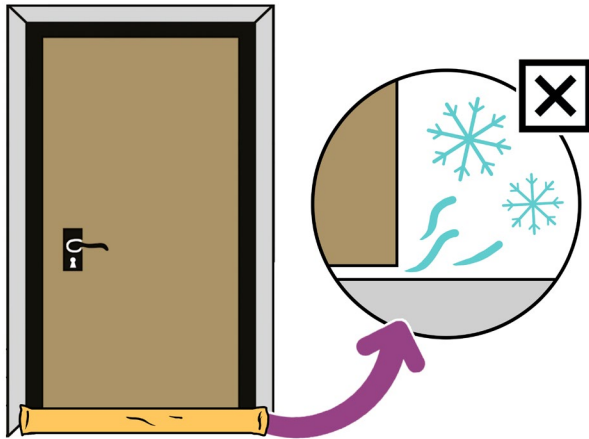


Here are some tips on how to keep warm this winter:

- Wear layers of clothing, like wearing a jumper over your top



- Keep windows and doors closed



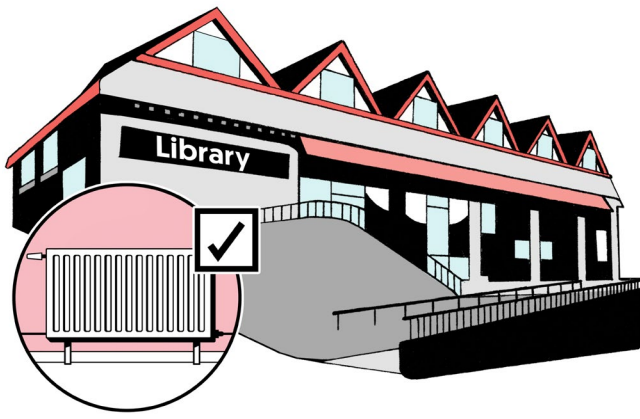
- Stop draughts in your home, using things like draught excluders on your doors. You can also use towels or other materials to block the gap at the bottom of the door.



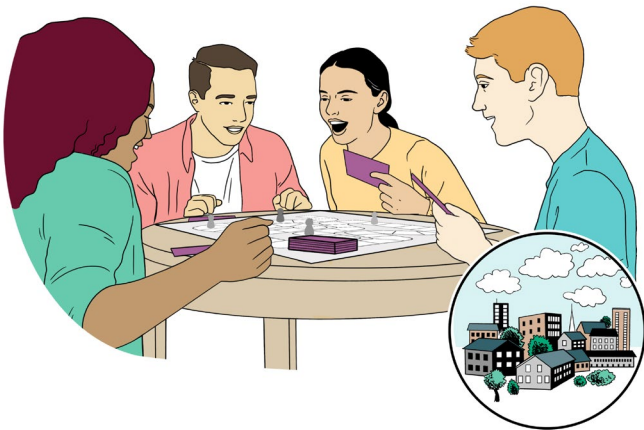
- Having hot drinks or hot food can help to make you feel warm



- Keeping active and moving around can also help you to keep warm



- You can go to your local library, the library will have heating on



- Look at local community groups, there may be activities or sessions you can join where you will be in a heated building.



If you are struggling to pay for your heating then you may be able to get support from the government.



You can look at different support that is available on the government website. You may need help to read this.

www.gov.uk

