



Freeport Plus RRYE-ZSUR-HXSL  
Beat the Cold  
The Bridge Centre  
Birches Head Road  
STOKE-ON-TRENT  
ST2 8DD



## Useful contacts

**If you smell gas** **0800 111 999**  
*In emergency.*

**Gas Safe** **0800 408 5500**  
*Gas Safe has replace CORGI, and all gas engineers and installers must be registered.*

**Power Cut** **0800 6783 105**  
*Western Power Distribution look after the electricity distribution network. To report a power cut and find out the latest information phone.*

**Warmzone** **0800 033 7873**  
*Free benefit checks for vulnerable households.*

**Winter Fuel Payment Helpline** **0345 915 1515**  
*You could get between £100 and £300 tax – free to help pay your heating bills if you were born on or before 5th May 1953.*

**Priority Service Register** **0800 096 3080**  
*Priority Service Register, for vulnerable households with medical or communication needs*



Phone on **0800 389 2258**  
or **01782 683813**, or contact  
us through our website at  
**beatcold.org.uk**



This leaflet has been produced by © Beat the Cold, an independent, Staffordshire – based charity with 25 years of proud service.  
Registered charity number 1159027.

# KEEP WARM KEEP WELL



ADVICE & PRACTICAL SUPPORT  
**0800 389 2258**

Supported By:



## Tips on Staying Well

- ▶ Take care of yourself and look out for any frail neighbours.
- ▶ Wrap up warm inside and out. Several layers of thinner clothing work better than one thick layer. If you go outside, put on your hat, scarf and gloves and a good pair of shoes.
- ▶ Stay as active as you can – try to move around at least once an hour (but speak to your GP before starting any exercise plan).
- ▶ Check that you have a stock of food and any medicines that you need, in case you cannot get out in the worst weather.
- ▶ Have your heating and cooking appliances serviced – for safety and to save on running costs. If you lose heating or hot water, we may be able to help – give Beat the Cold a ring.

## Free ways to save money

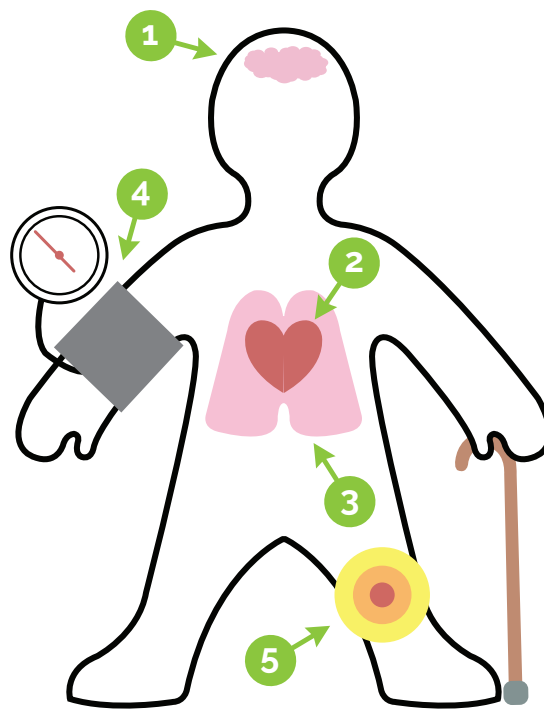
- ▶ Check to see if you qualify for the Warm Homes Discount, currently £140.00.
- ▶ Insulate your home – you may qualify for free or discounted loft and cavity wall insulation.
- ▶ Check if you are on the best tariff, gas/electric.
- ▶ Manage your energy.

## All other areas:

Phone on **0800 389 2258** or **01782 683813**, or contact us through our website at **beatcold.org.uk**



## The Cold & Your health



- 1 Brain**  
The cold can increase the risk of social isolation and depression.
- 2 Heart**  
Increases the risk of heart attacks.
- 3 Lungs**  
More prone to chest infections and can trigger chronic lung diseases, such as Asthma or COPD.
- 4 Blood Pressure**  
Increases blood pressure.
- 5 Mobility**  
May increase the risk of falls and worsens arthritis symptoms.

# KEEP WARM KEEP WELL

- ▶ **Is your house cold?**
- ▶ **Are you struggling to pay your fuel bills?**
- ▶ **Do you have fuel debts?**

## We can help

Fill in the card, tear off, and post it to us free of charge. To keep your details confidential, copy the address onto an envelope and seal the card inside. **No stamp is needed.**

Name .....

Address .....

..... Postcode .....

Telephone .....

