

Stay Warm this winter



Wearing lots of layers, rather than one thick piece of clothing, is a smart way to keep warm in winter. Base layers such as thermal vests or long sleeve tops are fairly inexpensive and can work well to trap heat. Keep a look out for clothing made from wool, cotton or fleecy fabric



Try and block any areas in your home that are particularly draughty, including around window frames, keyholes and under doors. Keep your curtains open in the day to let light and warmth in, and draw them before it gets dark to avoid losing heat.



Try and keep the room where you spend most of your time, such as your living room or bedroom, heated to at least 18°C if you can. Remember to turn off the radiators in hallways or rooms that aren't being used, and close doors to trap heat in certain areas. Only heat areas of the house as you need them. For example, you might choose to turn the heating on in your bedroom just before bed. You can also use a hot water bottle or an electric blanket to keep you warm at night



You may be eligible for certain grants and benefits to help reduce the cost of your energy bill this winter. Visit Citizens Advice to find out more about available grants and benefits. Learn more about Energy Bills Support Scheme in England, Scotland and Wales, or Northern Ireland