Keep Warm and Well

We all know it’s important to stay warm to keep well over winter, but it can be tough knowing where to start. The cold weather can be seriously bad for your health, especially if you’re under five or have a long-term health condition. Luckily there’s lots of advice and support available. Check out our top tips to survive the cold weather!

Keep Warm, Stay Well

Keeping warm will help you to stay well this winter. It’s important to keep warm, both inside and outdoors. Keeping warm over the winter months can help prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression. If you have a respiratory condition, it’s important to heat your home to at least 18°C (65°F) if you can and stay indoors as much as possible. If you have older neighbours and relatives with heart or respiratory problems, make sure they’re warm enough. Help them to stay safe and well too.

Get your flu jab

Getting a flu jab is also important to help you stay well this winter. Flu is a highly infectious disease with symptoms that can appear quickly. It can make people’s existing conditions worse and could lead to complications such as pneumonia. If you’re eligible for a free flu vaccination, it’s because you need it. Speak to your doctor today. You can also get your free vaccination from a number of local chemists.

For more info call 01226 787915 or visit www.barnsley.gov.uk/help2heat
Did you know energy companies offer extra help to those who need it?

See what services your energy supplier can offer; there’s a priority service register which provides extra help for those with a disability, health condition, pregnant, pensionable age or children under five. There’s also a Warm Homes Discount providing £140 for those on low income or means-tested benefits. There are other easy things you can do to keep warm such as wearing lots of thin layers – clothes made from cotton, wool or fleecy fibres are particularly good and maintain body heat. Food is a vital source of energy and helps keep your body warm so have plenty of hot food and drinks.

For more information on ways to keep warm and save money on your energy bills this winter visit www.barnsley.gov.uk/help2heat.

“During cold winter months set your central heating programmer (timer/clock) to ‘auto’ so that your heating system comes on and goes off automatically. This will ensure that your home is warm as and when required, help protect your home from expensive damage caused by burst water pipes and will help you manage your energy consumption. Where fitted, set your room thermostat as low as is comfortable and adjust individual thermostatic radiator valves to a lower heat in rooms you don’t use often. When you have your heating system on remember to keep close the doors of rooms to help retain heat. At night keep your curtains closed and don’t cover radiators with them.”

Kevin Faver, Domestic Heating Manager, Berneslai Homes. Visit www.berneslaihomes.co.uk for useful information to protect you and your home. If you are struggling with your finances and paying your energy bills then the Tenants First Service may be able to help you. Email TenantSupportService@berneslaihomes.co.uk or phone 01226 787 181.

“Cavity wall insulation and loft insulation are the most common and affordable ways to retain heat in your property. Thanks to these methods, and others which are currently available, your home can benefit all year round. You will find the property to be warmer, more comfortable and healthier as well as saving you money.”

Steve Batty, Better Homes Yorkshire. If you own or privately rent your home and want more information, contact the Better Homes team on 0800 597 1500 or visit www.betterhomesyorkshire.co.uk.

“Look out for older friends and relatives this winter. Keep an eye out for potential fire hazards and make sure they have working smoke alarms. If the temperature drops and you use an electric heater, keep it well away from anything flammable including decorations and soft furnishings, and never use one to dry clothes. Don’t leave pans unattended; take them off the heat if you have to leave the room. Make sure you have a working smoke alarm on every floor of your home and test them regularly.”

South Yorkshire Fire & Rescue, syfire.gov.uk

Your landlord’s obligations

Your property should have an appropriate heating system which has been safely and properly installed, is maintained and should be controllable by you. You should also be able to ventilate your property appropriately. A healthy indoor temperature is around 21 degrees. If you think that your property is too cold, too expensive to heat, or you have mould and damp then ask your landlord for help. When you moved into the property you should have been given an ‘Energy Performance Certificate’ (EPC). This shows the energy efficiency of the property and what improvements can be made.

Great North Energy

After you’ve thought about keeping warm by insulating and heating your home, why not choose a local energy provider for fair prices on gas and electricity? Great North Energy provides the Barnsley Tariff, which all Barnsley residents can switch to.

We put people before profits and switching to us is easy. Any money we do make goes straight back into projects to help improve the lives of the people within your community. Our electricity is 100% green and you’ll get excellent customer service along the way.

Need any more reasons to switch?

Visit www.greatnorthenergy.co.uk or freephone 0800 145 6699 to get a free, no-obligation quote.
We know there are many factors which influence people’s health and wellbeing which is why we’re proud to launch the new Barnsley Wellbeing Service. The service supports Barnsley residents through a grants process, available through the six area teams, which will improve community health and wellbeing. In addition, Barnsley Premier Leisure will be offering a 12-week GP-referred programme which includes one-to-one and group sessions on healthy lifestyle and mental wellbeing advice for people motivated to make lifestyle change. For more information please email SamCrowson@barnsley.gov.uk

Ingredients: 1kg (2lb) mixed vegetables (Use any vegetables, for example: parsnip, carrot, potato, swede and broccoli). 1 litre (4 cups) vegetable stock. 1 tablespoon (15ml) mixed herbs.

How to cook: Wash the vegetables and chop into one inch chunks. Place in a pan with the stock, cover and simmer, stirring occasionally for 30 minutes or until the vegetables are soft. Add the mixed herbs and liquidise – if you don’t have a liquidiser cut the vegetables in to smaller chunks and reduce the cooking time. To keep you fuller for longer, add wholemeal pasta and tomato puree and turn the soup into a minestrone.

“To reduce the risk of Sudden Infant Death (SIDS) it is important to make sure that your baby is a comfortable temperature – not too hot or too cold. The chance of SIDS is higher in babies who get too hot. A room temperature of 16-20°C, with light bedding is comfortable and safe for sleeping babies. A baby should not be laid to sleep on a sofa – the safest place for a baby to sleep is in their cot or Moses basket. Never sleep on a sofa or in an armchair with your baby. This is one of the most high risk sleep situations for babies.”

Rebecca Barker, Midwife and Lynn Clay, Health Care Assistant, NHS. For more information about keeping your baby safe visit www.lullabytrust.org.uk

Safe Sleeping

Top tip: Did you know a daily walk could be as helpful as light treatment for coping with low mood during the winter months?

Need Advice?

Visit your pharmacist at the first sign of illness before it gets worse. If you need urgent medical assistance, call 111 or visit NHS 111 online at 111.nhs.uk. In an emergency, call 999. Remember that GP appointments are now available at evenings and weekends in Barnsley, call iHEART Barnsley on 01226 242419 or visit www.iheartbarnsley.org.uk.