



# warmer

Derby & Derbyshire

Is your home cold?  
Do you struggle with  
your energy bills?



Stay warm  
at home




Insulate  
your home  
& find other ways  
to keep it warm

For impartial advice on  
energy efficiency,  
contact our FREE helpline

**0800 677 1332**

or email us

**wdd@mea.org.uk**



Afford your  
energy bills

Access  
grants and  
financial  
assistance

Upgrade  
your heating  
system



Derby City Council



DERBYSHIRE  
County Council

**Wear several thin layers**

rather than one thick layer.



**Close your curtains at dusk**

to keep the warmth in. Tuck them behind radiators and close doors.

Top tips to

# KEEP WARM, STAY HEALTHY, SAVE MONEY

**Check on your neighbours and friends**

Are they warm enough? Ask them to call us if they are struggling.



**Stay active**

Get up and walk around regularly or move your limbs whilst sitting.

**Have hot drinks**

and hot meals throughout the day.

**Deal with draughts**

There are cheap DIY draught proofing products available to keep you cosy.



**Heat your home**

to between 18°C and 21°C when you're in during the day.

Call our FREE helpline for more advice

**0800 677 1332**

We can give you this information in any other way, style or language that will help you access it.

Please contact us on: 01332 293111 Minicom: 01332 640666