

Warmth for All

In Clayton, Seabridge, Westlands, Newcastle Town Centre, Thistleberry & Poolfields.



Beat the Cold is independent, local and not-for-profit.

Registered charity number 1076957



0800 389 2258

www.beatcold.org.uk

01782 683813

Warmth for All

Funding has been secured for Locality Action Partnerships (LAPs) to work with Beat the Cold in several areas of Newcastle - Clayton, Seabridge and the Westlands, the Town Centre, Thistleberry and Poolfields.

Beat the Cold advisers, supported by local volunteers, will provide information, advice and practical help with:

- Reducing fuel costs and fuel debts;
- Energy efficiency;
- Current schemes for insulation and new boilers;
- Emergency heating;
- Risks from carbon monoxide;

Advisers can also make home visits, particularly to people who:

- Are older;
- Are disabled or housebound;
- Are concerned about their mental wellbeing;
- Have difficulty paying fuel bills;
- Have fuel debts;
- Live in a cold damp house with poor or no insulation.

To book a home visit ring **0800 389 2258**.

LAPs are partnerships between local people, Newcastle Borough Council and organisations working to improve the quality of life of local residents.

For more information on your local LAP contact:

Irene Lee 01782 742569

Email: irene.lee@newcastle-staffs.gov.uk

Kevin Byrne 01782 742625

Email: kevin.byrne@newcastle-staffs.gov.uk

Safe, healthy temperatures at home

Cold damp homes are uncomfortable and bad for health. Those most at risk are older people, and people with a disability or long-term illness.

Risky temperatures at home are:

Below 16C (61°F) – breathing problems.

Below 12C (52°F) – increased blood pressure

Below 6C (43°F) – hypothermia

Cut your costs

Pay the lowest price for fuel. Switching companies can feel daunting, but it is worth it. You could save £100s a year. Check with your electricity supplier whether you qualify for the Warm Home Discount, worth £135 off your electricity bill, or ask **Beat the Cold** to help.

Loft and cavity wall insulation

If your property isn't properly insulated, you'll be wasting £100s a year through your roof and walls. Typical savings for cavity wall insulation are around £140 a year, while loft insulation can save as much as £180 a year.

Contact **Beat the Cold** to find out if help is available to improve your property's insulation.

Better heating

For safety and efficiency, have your heating system serviced. Changing an old central heating boiler for a new condensing boiler could save as much 30p in the pound on fuel bills.

Contact **Beat the Cold** to find out if help is available to replace your old boiler.

Free ways to save

Do not leave your TV on standby. Heat the amount of water you need in your kettle, making sure you cover the element. Draw the curtains as it goes dark.

When you go out in the cold

Wrap up well, with coat, hat, gloves, scarf and boots. Several layers of thinner clothing are usually warmer than one thick layer.

Look after your health

Get your flu jab. Older people are more at risk of catching flu. Ask your GP for a jab.



Useful contacts

Health

Emergencies only 999
For out-of-hours GP services, contact your GP for details of emergency doctors
NHS Direct 0845 46 47

Your local police

Call your local police on 101.
In an emergency dial 999.

Fire & Rescue Service for a free fire risk check, including smoke alarms 0800 0241 999

Gas safety

Installers must be Gas Safe registered
Emergency, if you smell gas 0800 111 999
Gas Safe (gassaferegister.co.uk) 0800 408 5500

Electricity – power failure

Contact your electricity supplier

Newcastle Borough Council

Daytime 01782 717717
Out-of-hours emergencies 01782 615599

Newcastle & Kidsgrove Citizens Advice Bureau

..... 0844 499 4115 (24 hour telephone advice line)

Aspire Housing 01782 635200

Royal Voluntary Service

Mentoring & Befriending 01782 213489

Adult Social Care (emergency, out-of-hours)

..... 0845 604 42 886

To access your local Foodbank

Contact Marion 01782 613265

Warmth for All

Is your house cold?

Are you struggling to pay your fuel bills?

Do you have fuel debts?

Has your heating or hot water failed?

BEAT THE COLD CAN HELP

Fill in this 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

Post Code

Telephone

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



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Beat the Cold
The Bridge Centre
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