

## Spotting the signs of a cold home

A warm, dry home is key to keeping people healthy in cold weather. By spotting the signs of a cold home and taking action, you might be able to stop health conditions from getting worse, helping to keep yourself, family and friends safe and healthy.

People who are older, recently left hospital, are dealing with poor health or have physical and/or mental disabilities are most at risk.

The table below shows the main signs of a cold home and advice for people at risk.

Signs of a cold home	Advice for people at risk
<ul style="list-style-type: none"> <li>• Damp or mould</li> <li>• Condensation – wetness on the windows or windowsills</li> <li>• Draughts – through windows, doors and floors</li> <li>• No/broken central heating</li> <li>• Wearing lots of clothes indoors</li> <li>• Heating just one room in the house</li> <li>• Struggling to keep warm</li> <li>• High Energy Bills</li> </ul>	<ul style="list-style-type: none"> <li>• If you're not very mobile, 65+, or have a health condition, such as heart or lung disease, heat your home to at least 18C - 21C</li> <li>• Keep your bedroom at 18C all night if you can – and keep the bedroom window closed</li> <li>• Have regular hot drinks and at least 1 hot meal a day – eating regularly helps keep you warm</li> <li>• Draw curtains at dusk and keep doors closed to block out draughts</li> <li>• Make sure you have a yearly service of your heating system by a professional</li> <li>• Get local support to make your home warmer and more affordable to heat.</li> </ul>

**Energy guidance** is available on Doncaster Councils website, please follow the links below:

Website: [Energy Saving Advice and Grants](#)

Website: [Get Ready for Winter - Doncaster Council](#)

**Live Inclusive** provide free advice and support to Doncaster residents through their Recharge project, including helping people to switch provider, apply for grants and save money on energy bills. Website: [www.liveinclusive.co.uk](http://www.liveinclusive.co.uk) Email:

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