**WRAP UP WARM** - Try to layer clothing, several layers are better than one thick one. Fleecy, woollen and thick cotton fabrics are best.

**WATCH THOSE DRAUGHTS -** Loft and cavity wall insulation will help your home retain heat. Draught proof your windows and doors. Thermal lined curtains will help reduce draughts. Keep your windows and doors shut but do remember regular ventilation helps to reduce condensation and damp problems.

**GET MOVING -** If you can try to move regularly to keep yourself warm, once an hour is best this includes wriggling your feet and legs to keep the circulation flowing. If you remain still for long periods remember to use a fleecy blanket to keep you warm; a hat might help too.

**EAT WELL -** Have regular hot meals and drinks as these will provide energy and warmth. Stock up on tinned and frozen food, so that you don’t have to go out too much when it’s cold or icy.

**HEATING YOUR HOME -** Heat your home the best you can. The ideal temperature is between 19-21°C. If you can’t heat all the rooms you use, heat the living room during the day and your bedroom just before you go to sleep.

**KEEP WARM &**

**WELL THIS WINTER**