**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.

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| **Signs of a cold home** | **Advice for people at risk** |
| * Damp or mould
* Condensation – wetness on the windows or windowsills
* Draughts – through windows, doors and floors
* No/broken central heating
* Wearing lots of clothes indoors
* Heating just one room in the house
* Struggling to keep warm
* High energy bills
 | * 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. If you have children under the age of 12-months, it is recommended to keep room temperature between 16-20C
* Keep your bedroom at 18C all night if you can – and keep the bedroom window closed
* Turn your boiler flow temperature down to 55C
* Have regular hot drinks and at least 1 hot meal a day – eating regularly helps keep you warm
* Draw curtains at dusk and keep doors closed to block out draughts
* Make sure you have a yearly service of your heating system by a professional
* Get local support to make your home warmer and more affordable to heat
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**Energy guidance** isavailable on Doncaster Council’s website. Please search for the following for more information:

* Energy Saving Advice and Grants
* Get Ready for Winter
* Email: energy.team@doncaster.gov.uk

**Live Inclusive** provide free advice and support to Doncaster residents including providing support with benefits, apply for grants and save money on energy bills.

* Website: [www.liveinclusive.co.uk](http://www.liveinclusive.co.uk)
* Email: enquiries@liveinclusive.co.uk
* Telephone: 01302 592 400

**Citizens Advice Doncaster provide** free, confidential and impartial advice to Doncaster residents on a range of topics, including benefits, work, housing, accessing grants and saving money on bills.

* Website: <https://www.citizensadvice.org.uk/local/doncaster-borough/>
* Email: advice@citizensadvice-doncasterborough.org
* Telephone: 01302 243057