**Keep warm, keep well**

Keep your home warm

* If you are 65 or over, have reduced mobility, or have a health condition, you should heat your home to at least 18C
* Make sure you also wear enough clothes to stay warm
* If you’re under 65 and healthy and active, you can safely have your house cooler than 18C if you’re comfortable with this temperature
* You can also use a hot water bottle to keep warm whilst in bed

**Eat well in winter**Food is a vital source of energy, which helps keep your body warm. If possible try to make sure you have hot meals at least once a day, and hot drinks regularly throughout the day.

**Stay active**It is well known that exercise is good for your overall health, but it can also be efficient in keeping you warm during winter. If you can stay active, even at a moderate level, then it can bring  health benefits.

**Wear warm clothes**It is important to dress appropriately during the winter, and wearing lots of thin layers helps to maintain body heat better than one thick layer. Clothes made from cotton, wool or fleecy fibres are particularly good at maintaining body heat.

***Top tip:*** Wear shoes with a good grip to prevent slips and falls when walking outside. If possible, stay inside during extremely cold periods if you have heart or respiratory problems.

**Winter Grants**As temperatures continue to  fall it is important that everyone is able to heat their home efficiently. Financial and practical help is available for those who need extra help heating their homes. Grants available include the [Winter Fuel Payment](https://www.gov.uk/winter-fuel-payment) and [Cold Weather Payment](https://www.gov.uk/cold-weather-payment).

For more information on cold weather benefits and other help available, read the ‘Financial help to heat your home’ section in the [Keep warm, keep well leaflet](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/561101/Keep_warm_keep_well_leaflet_2016.pdf).

**How to be energy efficient**Bills can add up over this period, and many people can be left wondering whether it may be worth braving the cold to save financially. There shouldn’t be a need for such a compromise, particularly when it comes to your health and wellbeing. The Energy Saving Trust has advice on how to reduce bills and make your home more energy efficient. They can also advise on grants and schemes available around the UK.

Find out more online by visiting the [EST website](http://www.energysavingtrust.org.uk/) or call 0300 123 1234 (9am-8pm Monday to Friday and 10am-2pm Saturday).