

warmth begins at home



Tips on how to stay warm this winter

-  **The ideal temperature is 64°F (18°C) for your bedroom and 70°F (21°C) for your living room**
Check that you know how to use your thermostat and how to control your heating. There may be help available from [your local HIA](#), for things like radiator valves which give you more control over your heating.
-  **Small, low-cost changes can help keep your home warm**
Close the curtains when it gets dark and fit thermal linings to them if you can. This will help keep the heat in. Fit reflective panels behind radiators. Fixing draught strips round doors and windows can also make a difference. If you have an open fire and don't use it, block the chimney with a 'chimney balloon'. Lots of HIAs have a handyman service which can help with this kind of work.

Have your heating system serviced

Your local home improvement agency (HIA) can access [FILT Gas Safe Charity funds](#) for servicing boilers and gas fires. Install an audible carbon monoxide alarm and keep air vents clear, as fires and heaters need good ventilation

Keep warm to stay healthy

If your heating is faulty or breaks down and you have a cold-related health condition, you may be able to get help from funds such as npower [Health Through Warmth](#) (you don't have to be or become an npower customer)

Make the most of help towards your heating costs

You may be eligible for a [Warm Homes Discount](#) of up to £140 off your electricity bill if you get the Guarantee Credit element of Pension Credit or if you're on a low income.

If you're getting certain benefits or if the weather is below 0°C for 7 consecutive days in your area, you may qualify for a [Cold Weather Payment](#).

If you were born on or before 5 August 1953 you could get a [Winter Fuel Payment](#) of £100 - £300 to help you pay your heating bills.

Under the [ECO Scheme 2017](#), qualifying home owners and private tenants could have their old, inefficient boilers replaced completely free of charge, or heavily subsidised.

Insulate your property

If your loft is not insulated or has insulation less than 4 inches (100mm) deep, you may be able get full depth or 'top up' to 10 inches from energy companies. If your home has cavity walls, you may also be able to get these insulated.

Contacts

To find your local Home Improvement Agency, visit www.findmyhia.org.uk or call 0300 124 0315

To speak to a member of our team about FILT funding, call 0300 124 0316