

**If you, or
someone
you know,
needs help
to keep their
home warm
this winter**

call  HertsHelp

0300 123 4044

(local rate) or email info@hertshelp.net

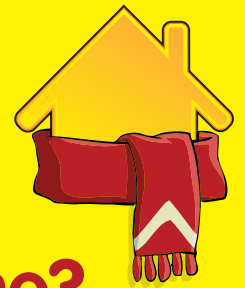


KEEP WARM, STAY WELL

supported by



KEEP WARM, STAY WELL



Need help to stay warm in your home?

Older people, young children and those with a long term health condition (e.g. heart disease or respiratory illness) are recommended by the World Health Organisation to heat the living room to 21°C (70°F) during the day and the bedroom to 18°C (64°F) at night.

Help for vulnerable people includes:

- **Home insulation, draught-proofing, emergency heaters and help to improve your heating**
- **Advice on paying bills, grants, benefits and extra money you may be entitled to**
- **Advice and practical support to help you stay well and active during the winter**
- **A free energy efficiency check**
- **Free easy-to-read thermometers**



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Hertfordshire County Council and the NHS (Herts Valleys and East & North Herts Clinical Commissioning Groups) working in partnership with the ten district councils and the voluntary sector.