

My winter weather checklist continued



Stay healthy continued

- Stock up on essential items of food, paying particular attention to non cook foods and long life milk
- Keep a water supply in case water pipes freeze
- Stay active – Keep moving. Any activity will help keep you warm – even wiggling your fingers and toes will help

Out and about

- Only venture outside if it is absolutely essential

If you need to go out make sure you wear:

- Several layers of loose fitting clothes (try to wear items with sleeves that are snug at the wrist)
- A hat
- Mittens/gloves
- Water resistant coat
- Boots/shoes with a good grip
- Good warm socks



Final preparations

- Learn how to shut off water valves (in case a pipe bursts)
- Have a wind up torch and radio in case of power cuts
- Keep a stock of matches and/or lighters and candles
- First Aid kit
- Plan where you will park your car in bad weather
- Get a supply of table salt/cat litter to melt ice on walkways
- Get a snow shovel and/or other snow removal equipment

Winter store cupboard ideas

- Toilet rolls, toothpaste and soap
- Long life or powdered milk
- Tinned or frozen fruit and vegetables
- Tins of soup, baked beans
- If you have a freezer – bread and ready meals
- Pasta, rice, crackers, oatcakes, porridge
- Tinned meat and fish
- Drinks – tea, coffee, packet soups
- Instant mash



Please ask us if you would like this document summarised in another language or format.

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Personal Winter Plan

stay healthy



Useful contact numbers ● Stay warm ● Stay healthy ● Preparations



Personal Winter Plan



Name:

Useful contact numbers	Telephone
My GP	
My Pharmacist	
Police, ambulance or fire service (for emergencies)	999
Non Emergency Urgent Care (for minor illnesses/injuries)	111
Durham County Council	
● Highways Action Line* (for enquiries about salting roads and footpaths)	0191 370 6000
● Social Care Direct* (for concerns about someone's welfare)	0845 8 50 50 10
● Customer Services (for general enquiries)	0300 123 7070
● Warm Homes Team (advice on applying for grants and changing energy supplier)	0191 527 0501
● Link2 Dial a Ride Service (to access a local shopping area if you are disabled, have personal mobility problems or there is no local bus service)	0191 383 5383
● Registered Traders Scheme (list of tradesmen registered with DCC)	03000 261 016
● Welfare Rights advice line (for any welfare benefit queries) open 9.00am - 12.00 noon	0191 3708787
Energy Savings Trust (advice and tips on how to save energy and money)	0800 512 012
Age UK County Durham (for people aged over 60 for advice and information on a wide range of services)	0191 374 6367

Available during normal office hours only unless otherwise stated.
***For emergencies outside normal office hours, you can still call this number.**

If you are a Care Connect Customer you have access to 24/7 support by pulling your pull cord or pendant to make contact.

Tune your radio into your local radio station to get travel and weather updates

Useful information to note

(this information can be found at the top of your bill)

Utilities	Account Number	Telephone
Gas		
Electric		
Oil / Coal		
Water		
To report the loss of an electricity supply call the 24 hour emergency number		0800 668877
If you smell gas or are worried about gas safety, call the 24 hour free emergency number		0800 111 999

A friend to help

Identify someone who you could help and who could help you. Talk to them and agree to help each other. Remember to let someone know if you will be away from home for a while.

Name	Contact

Recognising hypothermia

Hypothermia is when a person's normal body temperature of around 37°C (98.6°F) drops below 35°C (95°F). This is usually triggered by being in a cold environment and warning signs include:

Adults:

- Shivering, confusion, memory loss
- Exhaustion, slurred speech, drowsiness
- Fumbling hands

Infants:

- Bright red, cold skin
- Very low energy

My winter weather checklist



Stay warm

- Try to heat your main living room to around 18-21°C (64-70°F) and the rest of the house to at least 16°C (61°F) during the day
- Try to keep the temperature above 18°C (65°F) in your bedroom overnight
- Check if you qualify for a grant to have insulation fitted and are on the right energy tariff
- Get a supply of blankets to keep you warm in case the heating goes off

Stay healthy

- Get a flu jab – check with your GP surgery, you may get this free
- Have a supply of your prescription drugs and other medicine – your local pharmacy may be able to arrange for delivery
- Eat well – make sure you have hot meals and drinks regularly throughout the day to keep your body warm