You will hopefully be aware of the cold weather that is due to arrive imminently.  This email is to tell what you can do if someone you are supporting in their home is too cold. The forecast issued yesterday was Level 3: a 90% probably of severe cold weather and icy condition between 1800 on Wednesday 07 Dec and 0900 on Monday 12 Dec. If you are concerned that the individual has hypothermia please call 999.

If you are concerned that the individual is not coping well with managing the cold conditions, there is some practical support available – see links at the end of this email. If you are still concerned about the individual please call the social care first contact service on **01454 868007**.

If the individual needs help to access some of the practical support available or wants to discuss their situation for some immediate help they can call our One Stop Shops, contact details are available here:  [your local advice centre](https://www.southglos.gov.uk/advice-and-benefits/welfare-rights-and-financial-advice/advice-agencies-and-welfare-advice-partnership/).

Thank you.

[Cold Weather Plan for England: Action card - individuals (publishing.service.gov.uk)](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1115738/Individuals.pdf).  This is how individuals should prepare for the cold.   At level 3 it advises amongst other things: heating the home to at least 18°C in winter to pose minimal risk to health when wearing suitable clothing, dressing warmly, eating warm food and taking warm drinks regularly.  Please follow the link for further advice.  Please promote this with individuals and their families.

**Keeping Warm.** There are various grants available that can help with energy bills or getting home insulation installed.  Our partners [Warm and Well](https://warmandwell.co.uk/) administer grants on our behalf.  Individuals or their families can call the helpline to find out what is available 0800 500 3076.   They can also advise on ways to keep homes warm and bills down, such as closing curtains and tucking them behind the radiators (but not other heaters as this may pose a fire risk).  Please support the individual to access this helpline if they are unable to do so themselves.

**Community Spaces.** If someone is struggling to heat their home, we are supporting a network of community welcome spaces across the area.  These warm spaces offer a friendly welcome and are free to use, some offer hot drinks and activities.  Search for one near on our <https://beta.southglos.gov.uk/community-welcome-spaces/> page.

In additional all  [libraries in South Gloucestershire](http://www.southglos.gov.uk/libraries) provide a warm and friendly place to stay for as long as you like within our opening times.  Many have coffee and tea-making facilities during our staffed hours.  All our libraries are open 7 days a week with additional unstaffed hours provided by our [Open Access scheme](https://www.southglos.gov.uk/leisure-and-culture/libraries/openaccess/open-access-join/).

**Other Household bills.** For help with other household costs there are a number of funds and grants available, including the household support fund.  Details can be found on our  [financial support for residents](https://beta.southglos.gov.uk/financial-support-for-residents) page.

Keep warm well leaflet - [Keep Warm Keep Well (publishing.service.gov.uk)](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1022387/Keep_Warm_Keep_Well_leaflet_2021.pdf)

All of the above information **and more** is available on our webpage [Help with the rising cost of living | BETA - South Gloucestershire Council (southglos.gov.uk)](https://beta.southglos.gov.uk/help-with-the-cost-of-living)

Useful links to guidance for care providers:

* Cold weather plan for England - [The Cold Weather Plan for England (publishing.service.gov.uk)](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1031106/UKHSA_Cold_Weather_Plan_for_England.pdf)
* A quick guide for home care managers - [Helping to prevent winter deaths and illnesses associated with cold homes | Quick guides to social care topics | Social care | NICE Communities | About | NICE](https://www.nice.org.uk/about/nice-communities/social-care/quick-guides/helping-to-prevent-winter-deaths-and-illnesses-associated-with-cold-homes)
* Cold weather plan: action card for provider organisations - [Provider organisations: health and social care (publishing.service.gov.uk)](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1026180/Provider_organisations-_health_and_social_care.pdf)
* Cold weather plan: action card for frontline health and social care staff in community and care facilities - [Frontline health and social care staff in community and institutions (publishing.service.gov.uk)](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1026181/Frontline_health_and_social_care_staff_in_community_and_institutions.pdf)

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