

# *HOW TO KEEP WARM IN WINTER*

Without spending all your money on heating



Accommodation



YES | YOUR EMPOWERING SERVICE

## **How to keep warm in winter (without spending all your money on heating)**

### **1. Let the sunlight in during the day!**



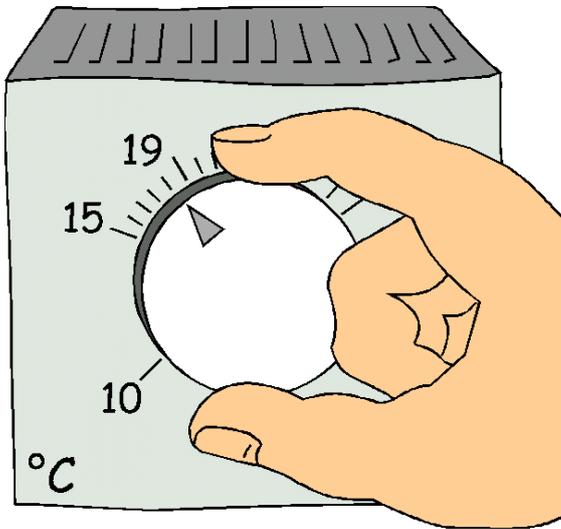
- It's important to try to use as much natural (and free) heat (in the form of sunlight) as possible.
- Window shades and curtains should be kept open during the day.
- And should be closed as soon as dusk falls to keep all the heat in.

### **2. Keep your radiators clear!**



- Furniture absorbs heat so don't keep large pieces of furniture in front of radiators

3. **Set heating on timers!**



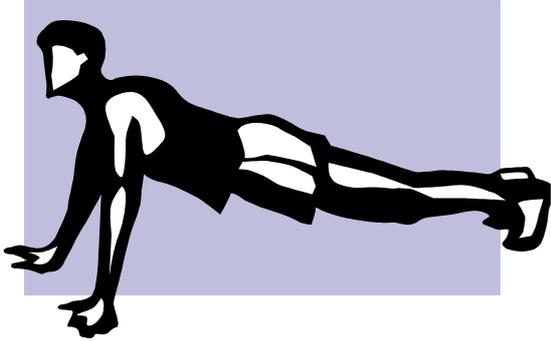
- It's a myth that keeping heating on all day is better
- Set the timers for early morning early afternoon and just before bed.

4. **Buy a thick bathrobe or dressing gown**



- Think of it as a big, fluffy blanket with sleeves. They are very warm and comfortable, and you can even sleep in them!

## 5. Exercise



- 20 minutes of vigorous exercise can warm you up and keep you warm well after the exercise session. Plus, a healthy body is generally more tolerant of the cold.
- Be active. Moving around produces body heat! The more active you are, the better your blood circulation will be. This means that warm blood gets to your fingers and toes, keeping them warm.

## 6. Dress Warmly



- Dress in layers, especially with wool or cotton clothing.
- Wear slippers or warm socks.
- When you are sitting still, wrap a thick wool blanket around you.
- You also may want to consider purchasing a thermal shirt as wearing one under your sweater makes for a comfy shirt, and a great amount of warmth.

## 7. Drink Warm Beverages



- Warm beverages will raise your core temperature. The process can be very relaxing and even stimulating.
- Make a cup of tea, coffee, hot chocolate or sip on some warm soup.

## 8. Cook



- Cook warm nutritious foods. Your oven will help warm the air and heat the kitchen. The kitchen will be warm while you are cooking, and then you can have a great home cooked meal too!

- Eat well. Food is a vital source of energy, which helps to keep your body warm. Try to make sure that you have hot meals and drinks regularly throughout the day and keep active in the home if you can.

**9. Put down a rug or carpet use a draught excluder at doors.**



- Rugs and carpets are generally warmer and help prevent heat loss.

**10. Keep your doors closed to other rooms**



- The closed door stops air from circulating as much, which reduces heat loss and traps the warm air

## 11. Close all windows properly



- Windows should be latched closed so the heat doesn't escape outside!

**Keeping yourself and your house warm without having your heating on constantly can not only save YOU a lot of money but also helps to save the environment!**

*This guide was approved with thanks by Carl, an Accommodation YES Tenant*