



# Belfast Warm and Well

**The Belfast Warm and Well Project aims to help local people struggling to keep their home warm this winter, by offering advice and practical support to stay warm and well.**

The project is available to vulnerable people who are finding it difficult to keep their home warm. Vulnerable refers to a number of different groups including:

- People aged 65 years or older
- People living with disability or long term physical or mental health condition
- Pregnant women
- Households with young child (from new-born to school age)
- People on a low income.

Signs that a person may be finding it difficult to keep their home warm could be, for example:

- The home is cold – you may have to keep your coat on when inside
- There is condensation on the windows
- There are signs of damp on the walls or ceilings.

Belfast Warm and Well, will be coordinated by National Energy Action (NEA) who will work with local community and voluntary groups, to provide helpful independent and confidential advice and practical support.

If you are vulnerable and finding it difficult to keep your home warm, contact NEA on 028 9023 9909 or [warmandwell@nea.org.uk](mailto:warmandwell@nea.org.uk) to see if they can help.

**If you are concerned that someone you know is vulnerable and finding it difficult to keep their home warm, ask them if they would like to speak with NEA and if they do, contact NEA on 028 9023 9909 or [warmandwell@nea.org.uk](mailto:warmandwell@nea.org.uk)**



## Top tips for staying warm and well this winter

### Stay Warm

- Heat the main living area of your home to at least 18°C
- Heat your bedroom to at least 16°C and keep your bedroom window closed during the night
- Set your heating to come on before you get up and to go off when you go to bed
- Have your heating system checked yearly and check if you are entitled to any financial support for home improvement grants
- Eat at least one hot meal each day and regularly have hot drinks throughout the day.

(Speak to a member of the NEA team to see how they can help you to stay warm this winter)

### Stay Well

- Get your free flu jab
- Make sure you get your prescription medicines before your pharmacy or GP Practice closes for the holidays
- Try to keep to your routine and stay in contact with family and friends
- Try to eat plenty of fruit and vegetables – stews and soups are a great way to do this
- Keep active around the house and try not to sit in the one place for too long.

(Speak to your local Pharmacist or GP Practice to see how they can help you to stay well this winter.)

For further information please visit:  
[www.nea.org.uk/northernireland](http://www.nea.org.uk/northernireland)