

Latest News

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Stay warm and safe this Christmas

Older and vulnerable residents are being urged to stay warm and safe during the festive period as the current cold snap continues to spread across Solihull.

The importance of keeping your home warm and safe throughout the winter is being highlighted by the Solihull Partnership as part of its Winter Warmth Campaign.

Residents are being warned that the current wintry weather can cause serious health problems such as strokes, pneumonia or heart attacks. Older and vulnerable residents are most at risk due to their weaker immune systems so health experts are asking householders in Solihull to heat their homes effectively to avoid such health issues.

The following tips for heating homes effectively and saving energy can make a big difference helping you to keep warm and cut fuel bills:

- Keep internal doors closed to stop draughts
- Have at least one hot meal and hot drinks throughout the day
- Layer up - many layers of clothing are best
- Close curtains at dusk
- Ensure your heating is 21°C in your home
- Keep your heating on overnight
- Ensure your home is well insulated and boiler serviced
- Contact your energy supplier about Social Tariffs or Priority Register Schemes.

Cabinet Member for Healthier Communities, Councillor Sue Rose said: "As the current cold snap is set to continue we are aware that this can cause concerns for our elderly and vulnerable residents who feel worried about the costs of turning up

their heating. In extreme weather such as we are currently facing, residents can stay healthy if they stay warm this winter. I would also ask other residents for their help in keeping an eye on their older, vulnerable friends, neighbours and those who are housebound this winter."

Residents are urged to visit www.solihull.gov.uk for more information and to download the Winter Warmth Leaflet.

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