

## Who can help?

- ◆ The Energy Savings Trust— advice and information on energy saving programmes and financial support **energysavingtrust.org.uk 0800 444 202 (simple energy advice)**
- ◆ Neighbourhood Energy Action (NEA) advice and practical solutions **www.nea.org.uk/get-help/ or 0800 304 7159**
- ◆ Turn 2 Us—benefits calculator, advice, access to grants available, financial help **www.turn2us.org.uk**

Talk to your **Social Prescribing Link Worker** or **Health & Wellbeing Coach** to access support for long term conditions and support.

The Wellbeing team is available via all 6 surgeries in the Colne Valley.

- Kelvedon & Feering Health centre
- Coggeshall Surgery
- Pump House Surgery
- Elizabeth Courtauld Surgery
- Hedingham Medical Centre
- Freshwell Health Centre

**[www.colnevalleypcn.nhs.uk](http://www.colnevalleypcn.nhs.uk)**

**[www.facebook.com/groups/colnevalleywellbeing](https://www.facebook.com/groups/colnevalleywellbeing)**

# Living safely & well at home



*How to make your home safer and healthier*

## **The effects of housing on Health.**

As we become older the condition of our home becomes increasingly more important to our health and wellbeing.



Many common health problems, such as heart disease, respiratory conditions, arthritis and stroke can be made worse by the condition of our homes.

## **Moving around your home safely**

To reduce the risk of falls, trips, slips and fractures.



- ◆ Install a 2nd handrail on staircases
- ◆ Put in brighter lighting, especially by steps and stairs
- ◆ Have grab rails put next to steps, toilet, bath & or shower
- ◆ Repair loose or uneven stairs,. Secure carpets, remove loose rugs
- ◆ Remove things you can trip over eg, electric cables, curled rugs, floor clutter
- ◆ Have a touch lamp by your bed, to avoid reaching for switches

## **Care Alarms**

Help promote independence and safety and Free to those who qualify

## **Equipment**

Provided via Essex County Council, free assessments and equipment where applicable



## **Cold homes**

May make these conditions worse;

- ◆ Respiratory (COPD, Asthma etc)
- ◆ Cardiovascular disease (Heart problems, stroke etc)
- ◆ Arthritis & Rheumatism
- ◆ Mental Health
- ◆ Cancer



## **Actions to take**

- ◆ Improve home insulation
- ◆ Ensure your heating system is working correctly
- ◆ Heat only the rooms you use. A comfortable temperature is between 18-21°C . Below 9°C poses the risk of hypothermia and death.
- ◆ Check you are on the right tariff , the most cost efficient fuel? ***(during the current cost of living crisis, if you are having trouble or are very concerned about your bills, speak to your supplier as soon as you can to discuss options available to you for your situation)***
- ◆ Do not overheat your home as this too causes problems.
- ◆ Make sure you are on the right benefits *(if applicable)*

## ***Damp Condensation and Mould.***

Typically caused by rain getting into the fabric of the house or lack of ventilation.

**If you are a tenant**, report any signs of damp to your landlord immediately. They can then fix the issue to prevent further complications.

**If you own your home**, check your insurance, see if they are able to help with the repairs needed.

**Rising Damp**—caused by water soaking up the walls, leaving a tide mark on the inside wall (not usually more than 1m high)

Keep your walls clear of debris and clutter, have soil as low as it possibly can be.

**Mould** can aggravate eye and skin conditions as well as causing or aggravate respiratory problems

## ***Home maintenance***

To reduce the risk of expensive repairs and damage.

- ◆ Leaking water, from a main pipe, turn off water at stopcock and get a plumber to fix asap
- ◆ Check your window seals and that they are secure at locks and close properly
- ◆ Check door seals and locks
- ◆ Have adequate lighting at entrances
- ◆ Ventilate your rooms—keep condensation and mould at bay.



- ◆ Bleed radiators to ensure heating works properly
- ◆ Check plug sockets, if broken or cracked, fix them
- ◆ Have your annual gas check (if you are a tenant your landlord should arrange this)
- ◆ Check your smoke and carbon monoxide

## **Who can help?**

- ◆ Landlords
- ◆ Fire Service - provide a FREE fire safety check call **0300 303 0088** or **[www.essex-fire.gov.uk/Home\\_Fire\\_Safety/](http://www.essex-fire.gov.uk/Home_Fire_Safety/)**
- ◆ Electrical Safety First— safety advice, smart phone app, find an electrician **[www.electricalsafetyfirst.org.uk](http://www.electricalsafetyfirst.org.uk)**
- ◆ Gas and carbon Monoxide safety— advice and support **[www.co-gassafety.co.uk](http://www.co-gassafety.co.uk)**
- ◆ Foundations—will put you in touch with home improvement agency. **[www-foundations.uk.com](http://www-foundations.uk.com)** or **0300 124 0315**
- ◆ CAB—for advice and support on a variety of topics, benefits, housing, energy **0808 278 7852**
- ◆ Disabled Living Foundation—advice about equipment, adaptations and services **[livingmadeeasy.org.uk](http://livingmadeeasy.org.uk)** or **0300 999 0004**
- ◆ Braintree Council **01376 552525**

