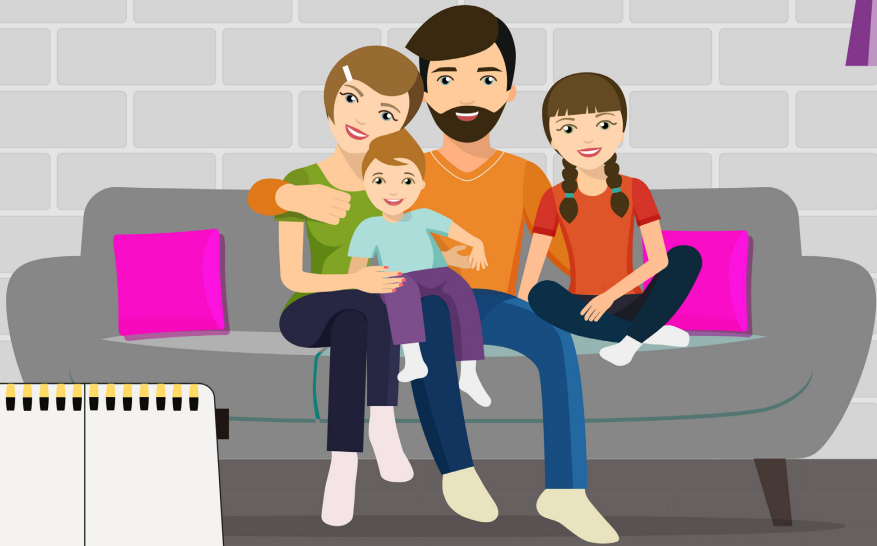


# Do you know someone who is **struggling** to **stay warm** in their home?

Our **award winning** Stay Safe and Warm scheme can help - it is completely **FREE** and offers access to heaters and other equipment\*



**01429 874063**

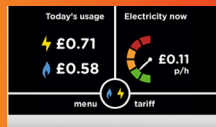
[www.clevelandfire.gov.uk](http://www.clevelandfire.gov.uk)

\*Following a free home assessment. You must live in Cleveland. Outside of office hours assessment may be prioritised by criteria



**To stay warmer this winter follow some of the advice below:**

**Installing a smart meter could save you money and may provide more accurate bills.**



- Move furniture away from the radiators to allow heat to circulate
- Curtains should be thick or lined and closed at dusk to keep heat in
- Use heating controls to help manage room temperatures and heating times
- Turning the room thermostat down by 1°C can save 10% off your bill
- Room temperatures should be set between 18°C and 21°C (64°F and 70°F)
- Remember the room stays warm for 45 minutes after you switch off the heating
- Setting your hot water tank thermostat to 60°C (140°F) – this should be warm enough
- Place aluminium foil behind the radiators to reflect heat back into the room
- Draught proof windows and exterior doors with brush or PVC seals
- Fit a brush or spring flap to letterboxes and cover keyholes

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