



How to Keep Warm and Warm Spaces



Easy read version

Introduction



Warm Spaces are places across West Yorkshire where you can go for free to a warm, safe place.



At some warm spaces you can meet other people and have a hot drink.



To find your nearest warm space go to this link and click find a space:

<https://www.warmwelcome.uk/>



There is some information in this booklet about other ways to keep warm.



The best way to keep warm is to wear lots of thin layers. Natural materials such as wool and cotton, or fleecy fabrics, are good. Thin layers help to trap warm air next to your body.



Thermal long-johns and tops will also keep your body warm. If you don't have these, thick tights or even pyjamas can work too.



Put your everyday clothes on top, and keep adding layers until you feel comfortable.



Wear thick socks if you have them, or two pairs of normal socks. Also wear slippers around the house to keep your feet warm.



It is important to have a good healthy breakfast.

Hot food gives you energy and fuel to keep you warm. If you're having a cooked breakfast, try to grill rather than fry.



Eggs are filling, and easy to cook in lots of different ways.



Eat hot food throughout the day to keep your energy levels up and keep you warm.

Eat lots of carbohydrates such as potatoes, pasta and rice.



Have lots of hot drinks through the day. You could make up a flask to keep your electricity or gas costs down.



If you have to go out, make sure you wrap up warm.

Wear a good thick overcoat that reaches below your waist.



If it's wet outside, wear a waterproof jacket on top.

Waterproof trousers will keep your legs dry.



It's very important to wear a hat outside, because you lose a lot of heat through your head.



Wear a scarf to keep your face and neck warm, and good gloves.



Wear a good pair of thick-soled shoes. If it's icy, make sure they have a good grip.



Wear extra layers such as a body-warmer if you are sitting still for a while.



If it's really cold, wrap yourself in a blanket, and wear a hat and extra thick socks. Hot water bottles are another good way to keep warm, but don't put them next to your skin.



Having your feet raised up will help keep them warm, because the floor is usually colder than the rest of the room.



When you go to bed, make sure the bed is warm before you get in. Use a hot water bottle or electric blanket.



You can still wear layers when you are in bed. Keep your thermal underwear on under your pyjamas, and wear a hat and bed socks.



Take a flask of hot drink to keep next to the bed in case you want a hot drink in the night.



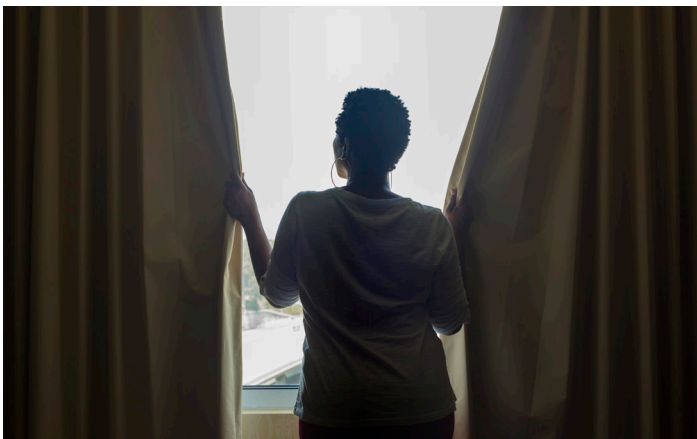
Put extra layers of blankets or an extra duvet on the bed.



Get a good night's sleep!



Don't be afraid to put the heating on to get the room warm if you are really cold. You can turn it off again once it has warmed up.



Close your curtains even during the day to keep the warmth in.



Keep the door closed, and use a draught excluder.



There are lots of places you can go for advice on keeping yourself and your home warm in winter.



Age UK have a useful booklet called “Winter Wrapped Up” which you can download for free from the Age UK website at www.ageuk.org.uk.



Public Health England also have a booklet called “Top tips for Keeping Warm and Well” which you can download for free from www.gov.uk.



The Home Heat Helpline is a free national helpline offering advice on managing your bills and reducing your energy use. Call the Home Heat Helpline on 0800 33 66 99, textphone 0800 027 2122 or visit www.homeheathelpline.org.uk

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