

Top tips for keeping warm



Here are our 10 top tips for keeping warm without putting your heating on.

1. Warm clothes



An extra jumper, a pair of thick socks, a pair of leggings, or a base layer under your clothes can help keep you warm when the weather is cold.



A hat and a scarf can also help to keep you warm if you are very cold.

2. Hot drinks



If you have a flask, fill it with hot water after the kettle has boiled. You can use the water to make your next hot drink.



Hot drinks like tea or warm milk will keep your blood pumping around your body. They will also keep your hands warm while you hold the mug.

3. Hot water bottles



Ask someone if you need some help to fill your hot water bottle.



Hot water bottles are great if you are working from home or if you are sitting down for a long time.

4. Dressing gowns



Put a dressing gown on over your clothes to help keep you warm. Wearing lots of warm layers can help keep your body heat in.

5. Move around



Get up and move around if you have been sitting still for a while. This will help the blood move around your body and warm you up.

6. Electric blankets



An electric blanket costs about 3 pence per hour to run. If you have an electric blanket, you might want to check how much yours costs to run.

7. Warm meals



Eat warm meals like soup or noodles to help keep your body temperature warm.

8. Quilts and blankets



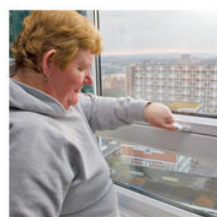
Use extra blankets and warm sheets to keep warm when you are in bed or on the sofa.

9. Blankets with sleeves



Blankets with sleeves are good for keeping you warm if you are typing or gaming.

10. Windows and doors



Close your doors and windows to stop any cold air coming in.



You might want to use a **draught excluder** by a door or a window. A **draught excluder** is a long piece of metal, wood or material which you put by the edge of a door or a window.



It stops the cold air coming in and the warm air from your house going outside.

How to get help



You can get help and advice on our website at www.mencap.org.uk/COL



If you are worried about money, contact our Learning Disability Helpline:



Call us Monday to Friday on 0808 808 1111



Email us at helpline@mencap.org.uk



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