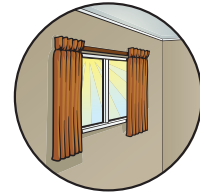


Helping you and your family stay warm and healthy

We spend a lot of time in our homes over winter, and we enjoy that more if we feel warm and dry. Be sure to heat bedrooms and other rooms you spend time in. Remember, drier air is easier and cheaper to heat, and stopping moisture building up helps prevent mould.

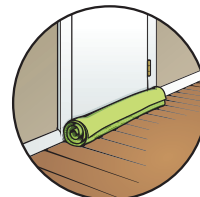
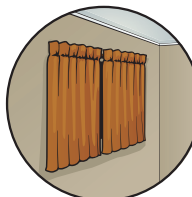


Keep the damp air out, air it out!

- Dry windows by wiping off moisture with an old towel in the morning if required
- Dry clothes outside as much as you can
- Use your rangehood when cooking
- Use your bathroom fan when showering or bathing and keep the fan going at least until the mirror and walls are dry.

Warm your home, keep it warm!

- Use heaters when it is cold and set your heater thermostats at 18–20°C to keep healthy and save money
- Open curtains during the day to use free heat from the sun
- Turn your heater(s) on as the sun starts to go down to keep the temperature steady.



Air it out!

- Open windows twice every day (for 10 minutes) to let damp out, even in winter
- Keep beds and mattresses damp-free by keeping them out from the wall far enough to let air circulate
- Raise mattresses off the floor to let the air dry them out daily (if possible) especially if people are sharing a room for sleeping.

Keep the heat in!

- Close curtains in the evening as the sun goes down to keep the day's heat in
- If there is a gap below a door, using a proper draught-stopper will help keep warm air in
- Call us if you feel a draught coming from windows, external doors or walls.

Got your curtains sorted?

Curtains are especially important during the colder months to keep the warmth from the day in once the sun goes down. If you don't have curtains, or feel your current ones aren't in good condition, speak to your Housing Support Manager.

Tips to save you energy

A big power bill is difficult at any time, but can be especially tough in winter. Scan the QR code for some easy ways to cut down on power, helping you save cash and the environment.

