

Healthy Homes Dorset

Don't suffer a cold home

Living in a cold home can be bad for your health. Consistently low temperatures in your home may exacerbate existing health issues (particularly respiratory and cardiovascular conditions) and make it harder for you to recover from illnesses. It can cause you and your family to feel miserable at home, affecting concentration, dexterity and mental health.

Dorset County Council has been working to address these issues and make it easier for people struggling to heat their home to a healthy, comfortable temperature to access free advice and support and free insulation.

Residents can now contact **Healthy Homes Dorset** - a one stop shop for all cold home and energy queries. The service aims to provide free, impartial advice about keeping your home warm, understanding your heating system and energy bills, switching energy supplier and making energy saving improvements – eligible households will receive free loft and cavity wall insulation. The service also aims to prevent isolation worry by signing residents up for power cut advice so that in the event of a power cut, they have the support that they need. Energy advice can be given through home visits as well as over the phone. Fire safety alarm and appliance checks can also be organised in partnership with Fire and Rescue for eligible residents.

Healthy Homes Dorset will also be working closely with relevant organisations to ensure that the team are able to refer and signpost residents for additional support. This could include ensuring you are receiving all the benefits you are entitled to or support in making essential improvements to your home. Insulation is one of the best ways of lowering your energy bills as well as replacing old, inefficient heating systems. Healthy Homes Dorset can let you know if you're eligible for funding to help towards the cost of making your home warmer and more comfortable.

Please contact the team if you would like any advice or you know anyone who would benefit from a referral.

Call **0300 003 7023**

email: help@healthyhomedorset.org.uk

Web www.healthyhomedorset.org.uk

Healthy Homes Dorset is a service provided by Dorset County Council, funded by Public Health Dorset and managed by the Centre for Sustainable Energy in partnership with Evolve Home Energy Solutions.