

Today marks the start of the [Cold Weather Alert System](#), which forms part of the [Cold Weather Plan for England](#). This plan aims to prevent the major avoidable effects on health during cold weather periods by raising awareness and sharing guidance to protect the most vulnerable.

Paying attention to cold weather is essential. Whilst it is a significant health risk for many, simple preventative actions often could avoid many deaths, illnesses and injuries associated with the cold.

Please share the following resource information with your staff, service users and partner networks to help ensure there is ongoing awareness and preparedness during this time:

| Organisation             | Resource information  | Link / Contact information                             |
|--------------------------|---|--|
| <b>Cost of Living</b>    |   |  |
| Birmingham City Council  | For those worried about the rising cost of energy bills, food and transport, BCC has put together some helpful information to help. This includes guidance on how to access grants, debt advice and other funds that citizens may be entitled to.   | <a href="#">BCC cost of living support information</a> |
| <b>Heating Your Home</b> |   |  |
| Birmingham City Council  | BCC has produced guidance on several schemes now available to Birmingham residents to tackle fuel poverty, from free installation of central heating, switching energy supplier, support with fuel debts, energy saving measures, energy efficient appliances and more.   | <a href="#">BCC guidance</a>                           |
| Simple Energy Advice     | SEA provide free advice on energy efficiency, grants and bills.   | Telephone: 0800 444 202                                |
| <b>Winter Wellness</b>   |   |  |
| Age UK                   | Age UK has produced guidance on keeping well this winter, including information on staying healthy, keeping spirits up, managing money, looking after each other, preparing for severe weather and getting the flu jab.   | <a href="#">Age UK guidance</a>                        |
| Birmingham City Council  | A network of free-to-use Warm Welcome sites is being made available across Birmingham to provide free, warm and welcoming spaces where people can come to take part in activities, access services and get practical advice and support, as well as meet members of their community.  | <a href="#">BCC Warm Welcome information</a>           |
|                          | As winter approaches and with the mounting financial pressures facing people, BCC want to support communities with information on what they can do to stay mentally and physically well. The "A Bolder Healthier Winter" campaign includes a series of evidence-based live webinars and recordings that can be accessed online. | <a href="#">A Bolder Healthier Winter resources</a>    |
|                          | BCC has produced guidance on staying safe during severe weather, including dedicated information on winter weather, thunderstorms, lightning, gales and high winds.   | <a href="#">BCC guidance</a>                           |
| Met Office               | The Met Office has produced a range of seasonal advice to help deal with the worst weather throws at us, including guidance on travel, your home, health and wellbeing, your community and being weather ready for winter.  | <a href="#">Met Office guidance</a>                    |
| NHS                      | The NHS has produced guidance on how and why to get the Flu and Covid-19 booster vaccinations ahead of the winter period, as well as other guidance on how to stay well this winter. This information is available in large print, audio, British Sign Language and easy read versions.   | <a href="#">NHS guidance</a>                           |
| SignHealth               | SignHealth has produced flu vaccine guidance in British Sign Language.  | <a href="#">SignHealth flu guidance</a>                |