



Action for Warm Homes

## TACKLING THE COLD

### COURSE AUDIENCE

This course is designed for frontline staff working coming into contact with vulnerable and low-income groups who are at risk from living in cold homes.

### COURSE AIM

The course aims to help delegates identify those most at risk from the cold and provide basic advice about what householders can do to protect themselves against the impacts of the cold.

### COURSE OBJECTIVES

Explain:

- the safe indoor temperatures and how the cold impacts on health and wellbeing
- which groups are most at risk from the cold
- heat loss from the home
- basic tips for keeping warm and achieving a warmer home
- sources of advice and assistance for achieving a warmer home

### COURSE CONTENT

- Recommended indoor temperatures
- Health implications of living in cold and damp homes
- Identifying those groups most at risk from the cold
- Top tips on how to prepare for cold weather
- Heat loss in the home
- Low cost measures to help keep the home warm
- How to get the best energy deal
- Signposting to help and assistance including:
  - Warm Home Discount Scheme
  - Winter Fuel Payment and Cold Weather Payment



National Energy Action, Level 6, West One, Forth Banks, Newcastle upon Tyne  
Tel: 0191 261 5677 / Fab: 0191 261 6496 / Website: [www.nea.org.uk](http://www.nea.org.uk)



Action for Warm Homes

- Affordable Warmth Obligation of the Energy Company Obligation (ECO)
- Priority Service Registers – fuel suppliers and Distribution Network Operators (DNO)

## DURATION

Half-day (3 hours)

## COURSE DATES/ LOCATIONS

This course can be delivered in-house to organisations wishing to train a group of staff.

## FURTHER DETAILS, FEES AND BOOKINGS PLEASE CONTACT

Lynsey Thompson, Training Co-ordinator, NEA

Tel: 0191 269 2931, E-mail: [lynsey.thompson@nea.org.uk](mailto:lynsey.thompson@nea.org.uk)



National Energy Action, Level 6, West One, Forth Banks, Newcastle upon Tyne  
Tel: 0191 261 5677 / Fax: 0191 261 6496 / Website: [www.nea.org.uk](http://www.nea.org.uk)

NEA is an independent charity, Registration No. 290511. Company limited by guarantee. Registered in England No. 1853927