

## Keep warm this winter with a warm home check

As we head into the colder months, we know many residents will be worrying about staying warm at home. Rises in energy prices are a big concern especially for those who already find it hard to heat their home and are on a low income.

The cold is not just uncomfortable but can be dangerous for those with pre-existing health issues such as heart and breathing conditions or children who are asthmatic. It also can have a negative impact on your mental wellbeing.

The [East Sussex Warm Home Check service](#) provides free impartial energy advice and support and is available all year round. It helps you to improve the energy efficiency of your home meaning you can stay warm for less and reduce your home's carbon emissions. As well as practical advice and resources, the service also provides help including heating repairs and small home improvements for those who are eligible.

If you, or someone you know, is concerned about staying warm this winter, find out more about the [Warm Home Check service](#). You can apply by [visiting the Keep Warm and Well website](#), texting **WARM** to **80011** or calling **0800 464 7307**.