

The direct and indirect effects of cold weather






Exposure to cold weather can affect your health in different ways, even at temperatures as mild as 4 to 8°C

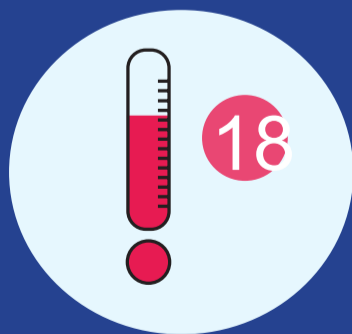
Direct effects

-  **heart attack**
-  **stroke**
-  **increased risk of respiratory disease**
-  **hypothermia**
-  **falls and injuries**
-  **weakened lung function causing an increased risk of influenza**

Indirect effects

-  **disruption to healthcare services** caused by snow and ice
-  **carbon monoxide poisoning** from faulty boilers, cookers, heaters and fires
-  **poorer mental health** and reduced educational and employment attainment have been linked to cold homes and fuel poverty

Things we can all do to stay warm



Heat rooms to 18 degrees if you can



Keep bedroom windows closed



Wear plenty of layers



Eat well and stay hydrated

Services in Leeds that could help and support your service users.

Contact these services or visit their websites to get the most up to date info on current service delivery.

Citizens Advice Leeds (CAL)

0808 278 7878

www.citizensadviceleeds.org.uk/need-advice

Access free, confidential and impartial advice around financial, housing, work and many other problems. You may be facing a crisis, or just considering your options.

Leeds City Council social care and support

0113 222 4401

Email: leeds-adults@leeds.gov.uk

For an assessment call the contact centre or a local Community One Stop Shop or Hub, once an assessment is completed information will be sent to Adult Social Care. Support offered can include a personal alarm, sensors in a chair or bed and falls alarms which sends an alert to a response centre.

Leeds Directory

0113 378 4610

www.leedsdirectory.org

Find local support by contacting the directory, weekdays 9am to 5pm or complete the online form.

Leeds Housing Options

Leeds Housing Options aims to prevent homelessness, they offer advice and assistance to those in housing and homelessness related need. They offer advice on how to secure a home whether this is council housing, housing association housing or privately rented accommodation.

Find more information on how the team can help and how you can contact Leeds Housing Options.

0113 222 4412

Email: housing.options@leeds.gov.uk

www.leedshomes.org.uk/content/Information/AlternativestoCouncilhousing

Mental Health support

For mental health information in Leeds visit MindWell: www.mindwell-leeds.org.uk

For mental health services in Leeds, contact Leeds Mental Wellbeing Service by calling 0113 843 4388 or www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home

Together Leeds

You can access services to support cost of living around finance, emergency food, heating, water, help at the hubs, housing, jobs, welcome spaces.

www.leeds.gov.uk/campaign/cost-of-living

Enhance Programme

Enhance supports safe and sustainable discharge from hospital and Neighbourhood Teams into a secure home environment. The programme links third sector organisations with Neighbourhood Teams and other agencies to avoid delayed discharges and readmissions for individuals, and to enhance capacity throughout the system. Enhance programme - Leeds Older People's Forum (opforum.org.uk)

Leeds Food Aid Network

www.leedsfoodaidnetwork.co.uk

Information on the location of food providers (e.g. foodbanks, community kitchens, social pantries) across is available on the Leeds Food Aid Network map.

Money Information Centre (MIC)

www.leeds.gov.uk/leedsmic

Home Access free, confidential and impartial advice and information on a range of money related matters such as debt, money, energy and utilities. In addition to this site, the Together Leeds website is the short term hub for accessing a range of local information this winter

www.leeds.gov.uk/campaign/cost-of-living

Home Plus Leeds (Care and Repair)

0113 240 6009

Email:

homeplus@care-repair-leeds.org.uk

Offer comprehensive home assessment to identify client needs, rails and equipment support to reduce the risk of falls, servicing and repairs to heating and hot water systems, draft proofing and insulation measures, provide convenient and lower costs means of cooking and heating e.g. slow cookers, electric blankets and advice on issues as a change in housing or financial circumstances.

Linking Leeds

0113 336 7612

Email: linking.leeds@nhs.net

City-wide social prescribing service for all people in Leeds, aged 16 years +. Referrals can be made via clinical systems or self-referrals can be made by calling the Linking Leeds Hub or by completing an online introduction form.

Leeds City Council Welcome spaces

www.leeds.gov.uk/campaign/welcome-spaces

Access information on voluntary, community and social enterprise organisations which are offering warm spaces across Leeds this winter. These include libraries, community centres, community hubs and other places offering a warm welcome and free to use for anyone struggling to heat their home.