

# WE ARE HEALTHY.



HEALTHY WINTER  
PROGRAMME

# WE ARE NEWHAM.



## Fuel poverty training

[www.newham.gov.uk/health-adult-social-care/  
keeping-warm-winter](http://www.newham.gov.uk/health-adult-social-care/keeping-warm-winter)

## What is Fuel Poverty?

Fuel poverty is the condition of being unable to afford to keep one's home adequately heated.

A household is considered to be fuel poor if:

- They have required fuel costs that are above average (the national median level).
- Were they to spend that amount they would be left with a residual income below the official poverty line?

The three main drivers of fuel poverty are:

- low income
- energy efficiency
- fuel prices

## Fuel Poverty in Newham

Newham has one of the highest rates of fuel poverty in England, with nearly a fifth of households affected.

- More than 17,000 (16%) households (2018 data) are unable to afford to heat and light their homes properly without being pushed into poverty.
- The high rates of fuel poverty is likely to be caused by a number of factors including declining income, rising energy prices and housing costs as well as changes to the benefits system.
- Numbers are likely to be higher this winter as higher energy costs cause households not normally considered poor into fuel poverty

## Health Impacts of Fuel Poverty?

Fuel poverty is known to have adverse effects on health and wellbeing, either due to the cold homes and conditions that fuel poverty forces people to live in, or through the financial stress and burden it creates. It increases the risk of health conditions such as asthma, other respiratory conditions, cardiovascular illnesses, and mental health problems.

There are different population groups affected by fuel poverty and cold living conditions, however some groups are more vulnerable to the health effects than others. These groups are:

- The older population
- Children
- Those living with chronic conditions.

Much of excess winter mortality can be attributed to cold temperatures, and a significant proportion can be attributed to cold housing caused by fuel poverty.

A study conducted in 2005 examining the older population (65+) in Newham and the number of hospital admissions for respiratory diagnosis, ranked against the Fuel Poverty Index (FPI), found the FPI to be a predictor of hospital admittance. It indicated that there is a relationship between the energy efficiency of the home and winter respiratory symptoms among the older population.

# The Covid-19 Impact

Evidence from Public Health England (PHE) shows that fuel poverty puts households more at risk from the worst effects of Covid-19.

- There is a clear link between cold temperatures and respiratory problems and that resistance to respiratory infections is lowered by cold temperatures, thus increasing the risk of respiratory illness.
- Damp and mould are associated with increased respiratory problems and 10,000 extra winter deaths are caused every year by cold homes.
- Warm homes enable immune systems to better fight off viruses, improve the likelihood of people with viruses only suffering mild symptoms and help improve the recovery process. Reducing preventable ill health arising from cold homes will be vital in protecting against Covid-19 this winter.

As energy use is rising due to people staying at home more coupled with reductions in incomes because of the pandemic, this means that fuel poverty rates are predicted to increase. It is estimated that over 200,000 households are set to fall into fuel poverty as the economy struggles to recover from lockdown.

# Who is at risk of fuel poverty?

Some households are affected by fuel poverty more than others. The factors that are associated with increased fuel poverty risk in Newham are:

- Homes with low energy efficiency ratings
- Living in rented accommodation, with the private rented sector seeing the highest proportion of tenants in fuel poverty
- Unemployed or part-time employed head of household
- Long-term illness or disability
- Pre-payment meters and standard variable energy tariffs
- Lone parent or pensioner households



## Signs of Fuel poverty in the Home?

It can be difficult to identify if someone is living in fuel poverty, not everyone who is fuel poor will proactively seek help. Consider non-visual triggers of fuel poverty too, here are some signs you can look out for:

- Wearing lots of clothes indoors
- Staying in bed to keep warm
- Complaining that home feels cold, damp or draughty
- Respiratory problems such as asthma or a persistent cough
- Complaining that energy bills are too high or owing money
- Not understanding energy bills
- Feeling isolated and unable to go out and socialise

Watch:

[www.youtube.com/watch?v=yWQtiK4\\_3f4](https://www.youtube.com/watch?v=yWQtiK4_3f4)



IMMEDIATE SUPPORT	
<b>Our Newham Money</b>	Keep warm this winter by getting help and advice on your gas and electricity bills. Our Newham Money will be able to provide a wide range of financial support. Contact for assistance on 020 8430 2041 or visit <a href="http://www.ournewhammoney.co.uk">www.ournewhammoney.co.uk</a>
<b>SHINE</b>	<p>An energy advice service for Londoners. They have a dedicated helpline to support residents and signpost to immediate support services.</p> <p>For self-referrals, call 0300 555 0195 to speak to an advisor, 9am and 5pm, Mon-Fri.</p> <p>For third party referrals, please use the <a href="#">online form</a> or email <a href="mailto:shine@islington.gov.uk">shine@islington.gov.uk</a></p>
<b>Groundworks (Green Doctors)</b>	<p>Energy advisors who provide advice and support for Londoners; helping you stay warm and save money on your home energy bills. For a consultation or referral visit <a href="https://groundwork.secure.force.com/enquiry">https://groundwork.secure.force.com/enquiry</a></p>
<b>Government's Simple Energy Advice</b>	<p>For more information on how to reduce your bills and make your home more energy efficient, go to the Government's Simple Energy Advice website <a href="http://www.simpleenergyadvice.org.uk">www.simpleenergyadvice.org.uk</a> or call the helpline on 0800 444 202.</p>



## GENERAL SUPPORT

<b>Keep Warm Keep Well Scheme (ECO)</b>	Newham Council is working with E.ON and J&J Crump on its Keep Warm Keep Well scheme to help eligible residents benefit from a range of energy-saving measures in their homes. Call J&J Crump and Son today and enjoy a warmer, cosier home on 0800 783 3127 or visit <a href="http://www.jjcrump.com">www.jjcrump.com</a>
<b>Green Homes Grant Scheme</b>	Those living in the coldest and least efficient properties may be eligible for up to £10,000 of grant funding to cover the installation of efficiency measures, such as low carbon heating systems, insulation, and smart heating controls.  Visit <a href="http://www.newham.gov.uk/public-health-safety/energy/7">www.newham.gov.uk/public-health-safety/energy/7</a>
<b>Winter Fuel Payments</b>	Residents can get between £100 and £300 tax-free to help pay your heating bills if you were born on or before 5 July 1953.  You usually get a Winter Fuel Payment automatically if you get the State Pension or another social security benefit (not Housing Benefit, Council Tax Reduction, Child Benefit or Universal Credit).  Find out more about the <a href="#">Winter Fuel Payment</a>
<b>Cold Weather Payments</b>	Some Residents can get a Cold Weather Payment if you're getting certain benefits when your local temperature is either recorded as, or forecast to be, an average of zero degrees Celsius or below over seven consecutive days.  Find out more about the <a href="#">Cold Weather Payment</a>
<b>Warm Home Discount Scheme</b>	Residents could get £140 off your electricity bill for winter 2020 to 2021 under the Warm Home Discount Scheme.  Find out more about the <a href="#">Warm Home Discount and if you qualify for the discount</a>
<b>Priority service register</b>	The Priority Services Register is a free support service to help people in vulnerable situations. Energy suppliers and network operators offer it. Each keeps their own register.  You need to contact your energy supplier or network operator to get on it.



# Other Helpful Resources

## Health Advice

- NHS how to stay well in winter:  
[www.nhs.uk/live-well/healthy-body/keep-warm-keep-well](http://www.nhs.uk/live-well/healthy-body/keep-warm-keep-well)

## Other Support and Advice

- Register for support from the NHS Volunteer Responders. To arrange support for yourself or someone you know, call: 0808 196 3646 (8am to 8pm, 7 days a week)
- AgeUk: Keep well this winter  
[www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter](http://www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter)
- Citizens Advice offers free and confidential advice online, over the phone and in person:  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)
- For additional support, check if you're eligible to register on your energy company's Priority Service Register. For more information visit Ofgem website: [www.ofgem.gov.uk/information-consumers/energy-advice-households/getting-extra-help-priority-services-register](http://www.ofgem.gov.uk/information-consumers/energy-advice-households/getting-extra-help-priority-services-register)

## For Professionals

- Access the Cold Weather Plan for England:  
[www.gov.uk/government/publications/cold-weather-plan-cwp-for-england](http://www.gov.uk/government/publications/cold-weather-plan-cwp-for-england)
- Read NICE Guideline 6: 'Excess winter deaths and illness and the health risks associated with the cold home':  
[www.nice.org.uk/guidance/ng6](http://www.nice.org.uk/guidance/ng6)
- Take the 'Helping People Living in Cold Homes' e-learning module:  
[www.e-lfh.org.uk/e-learning-to-help-people-living-in-cold-homes](http://www.e-lfh.org.uk/e-learning-to-help-people-living-in-cold-homes)
- Use the Cold Homes Toolkit:  
[www.citizensadvice.org.uk/about-us/our-work/advice-partnerships/cold-homes-toolkit](http://www.citizensadvice.org.uk/about-us/our-work/advice-partnerships/cold-homes-toolkit)

# How else can you help?

Signposting and referring residents to relevant services is very important.

However, Promoting and encouraging individuals to practice self-care is also key, you can do this by encouraging residents to practice sustainable fuel saving tips:

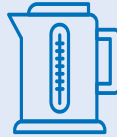
1. Turn off standby appliances
2. Install a smart thermostat
3. Turn down your thermostat
4. Buy efficient appliances
5. Install a new boiler
6. Wash clothes in at low temperatures
7. Be smarter about water
8. Invest in double glazing windows
9. Draught-proof your property
10. Insulate the roof
11. Monitor your usage
12. Switch to LED Light bulb



Save around £30 a year just by remembering to turn your appliances off standby mode



Save about £35 a year on bills by replacing all of your old bulbs ad halogens with LEDs



Only fill the kettle with the amount of water that you need and save around £7 a year



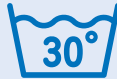
Turning down your room thermostat by just 1°C can save between £85-90 a year



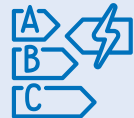
Turn your lights off when you're not using them. This will save you around £15 on your annual energy bills



DIY draught-proofing of windows, doors and filling holes in floors can save up to £25-£35 a year on heating bills



Washing your clothes at 30°C can help you save significant amount of money on utility bills



When buying new appliances check the EU energy label to make sure you're buying an efficient product

For more information please contact:

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[www.newham.gov.uk/health-adult-social-care/keeping-warm-winter](http://www.newham.gov.uk/health-adult-social-care/keeping-warm-winter)