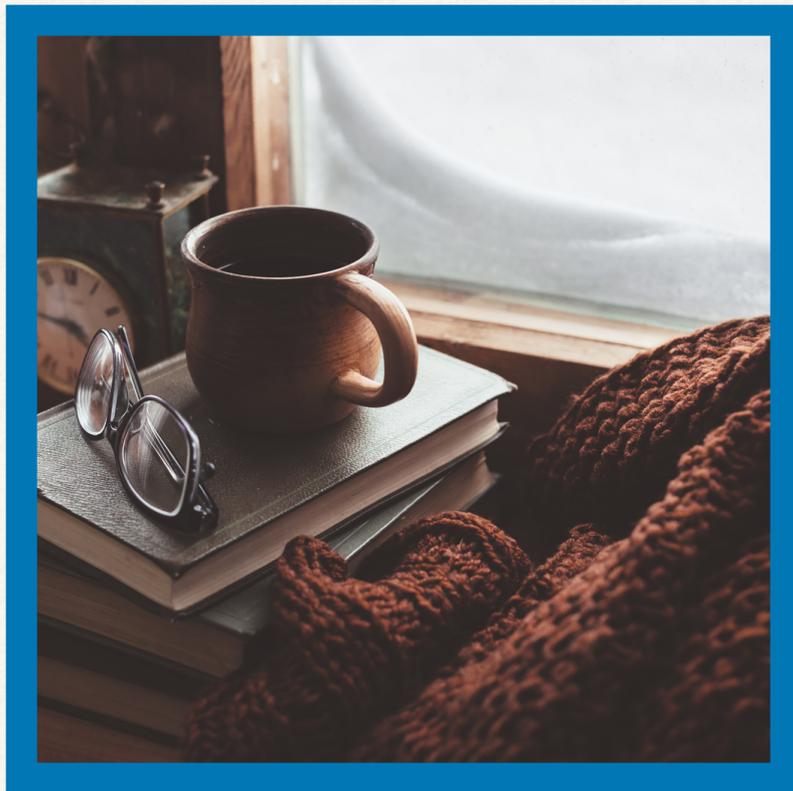


OUTSIDE THE BOX WINTER SUPPORT RESOURCE



**Tips for warmth and
wellbeing in the
cold months**

WINTER SUPPORT

We know that winter and the holiday period can be a really difficult time for lots of people, for a variety of reasons, and this year is no different.

We have put together this booklet for people who may struggle over the next few months.

Thank you to all the people who shared their recipes and suggestions. We also want to thank all the people who contributed to these ideas at one point or another.

For any further enquiries about this resource please contact Freya Young, Community Worker, freya@otbds.org



CONTENTS



Tips for keeping warm and saving energy



Winter wellbeing



Energy: Myth busting



Community spaces and larders

TIPS FOR KEEPING WARM THIS WINTER AND SAVING ENERGY

Heating on low – not on high all the time but don't let house get too cold

Homemade draught excluders at doors

Draught-proofing strips round doors – even cheap self-adhesive foam ones

Thick curtains, ideally with insulated lining – try a door curtain, too

Ensure radiators aren't blocked by furniture

See about getting keyhole covers and letterbox cover

If you have an unused fireplace – install a chimney balloon

Blanket over knees when at computer

Warm feet (slippers/socks), scarf, woolly jumpers – layer up as layers trap warm air close to the body



What can we do for ourselves?

TIPS FOR KEEPING WARM THIS WINTER AND SAVING ENERGY

Keep active – even in the house, get up, walk around, go up and down the stairs or do a quick household task (this can also help make ‘doing the housework’ more manageable – dividing it into short individual tasks rather than a day’s marathon!)

Garden jobs – if you feel energetic, get out and sweep or rake some leaves – even for 5 minutes – it will warm you up

Extra quilt or blanket at night

Hot water bottle

Hot drinks or soup

Eat regular meals and enough carbohydrates (pasta, rice, potatoes, bread)

Take turns at a friend or neighbour’s house – share coffee and cake or lunch, so only one lot of heating and cooker needs to be on



What can we do for ourselves?

COMMUNITY IDEAS FOR KEEPING WARM AND CONNECTED

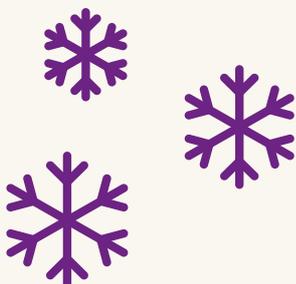
You can help other people be active too. Ask if there's an activity they want to do more, like swimming, walking, or going out to free events. Going with a friend or group can help motivation and make it easier to get outside.

Community gardens can be a great space for being active and meeting people. You can also use it to share info about local energy and money support.

Not everyone has warm enough curtains, draught excluders, or blankets for the winter. Local sewing or knitting groups and charity shops could connect to provide these for free.

Hot tea or food is always welcome at events.

Like in the pandemic, local newsletters play an important role in winter. They can be simple to create if you get a few people together, and they help people stay connected and know what's available.



TIPS FOR KEEPING WARM THIS WINTER - PHYSICAL AND MENTAL WELLBEING

- Get outside for a walk - local greenspace or out of town - try mindful walking, tuning in with different senses
- Getting kids outside - give them a focus, eg scavenger hunt, photo challenge
- Older people - take a hot flask or hand warmer, plan a short, level route if need be
- Take time to be - go out without your phone
- Think of one positive thing that happens to you each day - try writing it down
- Take breaks from computer
- See a friend, for a walk or coffee catch-up
- Connect with people - take time to chat to a neighbour, a regular fellow dogwalker in the park etc
- Don't worry about what you haven't managed to achieve - think of the things you have achieved in the day

TEMPORARY SECONDARY GLAZING

Temporary Secondary Glazing

Single glazed windows only have one pane of glass and in colder months this means that the heat can escape through the glass very quickly.

if you purchase a sheet of Perspex you can 'create' your own double glazing.

- Buy a sheet of Perspex that fits on top of your existing single glazed window and attach using magnetic strips
- This will limit drafts and warm air escaping

This is not as good as double glazing but a quicker and cheaper solution that might help some folk.

Cost on Amazon:

Perspex sheets: £9 - 30

Magnetic strips: £7



TIPS FOR DRYING CLOTHES THIS WINTER

Drying clothes

Drying clothes can be tricky during the colder months when the weather is often too wet for hanging outside

A tumbler dryer can be expensive to run, as can heated drying rails

Some of the tips we have heard:

- Start clothes off on airy space – ideally in well-ventilated room, to avoid mould/condensation
- Finish off in dryer if you have one OR fold/drape the clothes on a rack or chair when almost dry to ensure they dry properly
- One of the tips we have been hearing is to move your drying rack to your kitchen if you have a safe space. Leaving the oven door open after using it can be a useful way to use this built up heat to heat the room or dry some nearby clothes

TIPS FOR ENERGY MYTH BUSTING

Energy myths

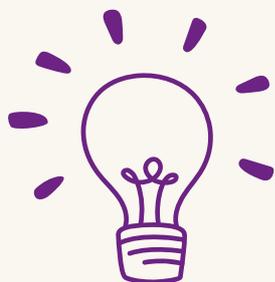
“Most heat escapes through windows” – Actually, most heat escapes through walls if you don't have good insulation. But closing curtains at night definitely helps keep the heat in.

“Phone and laptop chargers don't use energy if not connected to a device” – False – switch off at socket, and unplug as soon as device is charged.

“Switching lights on and off uses more energy” - False

“LED bulbs are more expensive than standard ones” – False, they can last for up to 20 years, so pound for pound they are cheaper

“Turning up the thermostat will heat the room up quicker” – it will still take the same amount of time, but you will end up using more energy if heating the room to a hotter temperature



TIPS FOR ENERGY MYTH BUSTING

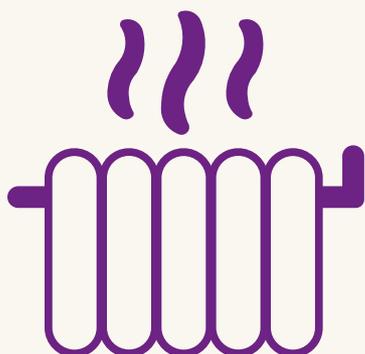
Energy myths

“Keeping the heating on low all the time will save energy” - Probably not – if you have good insulation

“Central heating is the best option” - Not always – no point in heating all rooms in the house if you’re not using them. Make sure central heating radiators have individual thermostats

“Washing dishes by hand saves hot water” – No – if you have a dishwasher, it’s more economical to run this when full than to wash dishes by hand

“Leaving all internal doors open will make the house warmer” – No it will disperse the heat – if you close a door it will keep the heat in a room. Just ensure you have some sort of ventilation for gas appliances, open fires



WARM SPACES

Warm spaces

This winter, many communities are organising warm spaces anyone can drop into, to save energy costs and stay connected.

Where: Public libraries, community centres, cafes or pubs. Try to find a space that most people can access, and talk to people about how to make it more accessible.

Covid-safety: Think about ventilation, wipe-clean furniture, and spacing out seating so there's some distance.

Things to do: These spaces can be even better if they can offer hot drinks, snacks, internet access, charging points, or activities like knitting groups or film screenings.

If you're thinking about starting a warm winter space in your area, this guide has lots of advice: 'A Warm Welcome. Setting up a warm space in your community' at www.cilip.org.uk/page/warmspaces2022.

It has information on heating costs, health and safety, accessibility and more.

FOOD LARDERS

Community food larders

Community larders, pantries, and fridges can help people share food, reducing waste and make sure everyone has enough. Some have staff or volunteers, and work like a free or low-cost local shop. Others are more like boxes in public spaces, that everyone can use to drop off or pick up food whenever they want to.

Funding: Some community larders apply for funding, and others are organised by community members without any funds.

What to put in the larder: They can include cupboard foods, homemade jam, fresh produce, or health and sanitary products. Find out what people in your community need.

Cleaning: Decide who's going to clean it, and how often. Local charities might be able to help volunteers get food safety training.

Where: The larder could be indoors or outdoors. You'll need permission to put it in some locations - ask the local council and charities for ideas, and think about how people can get there with public transport.

MORE RESOURCES

Our Good Support for Our Neighbours guide:

<https://otbds.org/Neighbours-.pdf>

Our Tips for Friendly Neighbours guide:

<https://otbds.org/Tips-for-friendly-Neighbours.pdf>

Energy saving advice:

<https://www.changeworks.org.uk/energy-saving-advice>

Saving money on utilities bills:

<https://www.moneysavingexpert.com/utilities/>

Saving money on the weekly shop:

<https://savings4savvymums.co.uk/weekly-shop-just-18/>



MORE RESOURCES

Budget cooking tips:

<https://www.jamieoliver.com/features/budget-cooking-tips/>

The Berwickshire Help website has information on money, food, clothes, energy and more:

<https://berwickshirehelp.org.uk/>

Mental health and wellbeing tips for teenagers:

<https://otbds.org/MentalHealthWellbeingTipsforTeenagers.pdf>

Finding friends and coping with loneliness:

<https://otbds.org/FindingFriendsandCopingwithLoneliness.pdf>





Outside the Box is a charity and social enterprise. We began in 2004 and have grown to support people and communities across Scotland.

We help build strong, inclusive communities by creating the circumstances that enable this vision to become reality.

You can find out more about our work and projects by visiting www.otbds.org or follow us on social media:



For further enquiries about this resource contact:

Freya Young, Community Worker

freya@otbds.org