



YOURSELF NOT YOUR HOUSE!

Before considering heating your home, consider whether you really need additional heating at all.

The first thing to consider is how you can stay warm in your home without having to turn up the thermostat or putting more fuel on the fire.

A few simple tips and tricks to keep you warm indoors are:

-  **Put on a jumper - wear layers of clothing**
-  **Keep your feet warm with some slippers or thick thermal socks**
-  **Do some physical activity to keep your blood flowing**
-  **Make full use of heat generated by cooking e.g. leave oven door ajar after cooking to let the heat out into the room**
-  **Eat healthy, hearty meals to fuel your body and stay warm**
-  **Put extra blankets on your bed and use throws to snuggle up when you are relaxing in your living space**
-  **Use a hot water bottle to provide localised heat when relaxing in your home**
-  **Keep your hands toasty with hand warmers**
-  **Invite friends around and enjoy a hot drink together**

Of course, there will still be times when additional heating is required. Trying these tips above should help reduce the frequency and duration of energy expenditure that is required to keep your home warm.