

# A winter readiness plan for Hastings

Steve Manwaring  
HVA & Tracy  
Dighton CAB1066



## EMERGENCY PREPAREDNESS



**MAKE A PLAN**



**BUILD A KIT**



**BE INFORMED**

**New report published**

**Compiled by community hub members,  
Hastings Community Network and leading  
services providers**

**Reflecting on the lessons of COVID but also  
the trends, issues and opportunities for the  
future**

**Available online and hard copy**

# Facing the Future



Applying the lessons of the  
community response to COVID-19  
in Hastings and St Leonards





# Community HUB

Using some of the techniques we deployed during COVID we are turning attention to the idea of “winter readiness”

Assets in the community

Social Capital

Trust and reach

Open Source intelligence

Town-wide approach





**Where are we**

**Initial discussions within the Community Hub and Community Network**

**Activity led by CAB1066 to construct a plan and initial publicity**

**Meeting with Cllr Burnett**

**Open HCN event 21 October to present and consolidate plan and discuss communications**

# The cost of living, current trends

- UK inflation continues to remain at a high level, with the largest upward contributing factor being the rising cost of food.
- Food and non-alcoholic beverage prices rose by 13.1% in the 12 months to August 2022, up 0.4 percentage points from July and the highest rate since August 2008.
- The Consumer Prices Index including owner occupiers' housing costs (CPIH) rose by 8.6% in the 12 months to August 2022, down from 8.8% in July.
- The Consumer Prices Index (CPI) rose by 9.9% in the 12 months to August 2022, down from 10.1% in July.

A summary of ONS' current and future analytical work related to the cost of living is available at: [The cost of living, current and upcoming work](#): September 2022

# Inflation impacts health and social care through multiple routes

## Consumers and patients



- Cost of living & healthy behaviours
- Mental health
- Expenditure on health
- Engagement with NHS services

## Health and care workforce



- Wellbeing and morale
- Pay demands
- Recruitment, retention and retirement
- Impacts on unpaid carers

## Cost of public service provision



- Energy, transport and other input costs
- Pay settlements
- Construction costs
- Interest rates
- Medicines and consumables

## Impacts on social care



- Cost increases
- Social care provider fragility & fair cost of care
- Pharma industry response
- Activity, performance and quality
- International dynamics

## Interactions with price/income-related Government policies



- Impact of policies on public cost of living
- Impact of NHS and social care pay on inflation and the wider economy
- Revenue-raising policies
- NHS charges & tariffs
- Policies with fixed reimbursement
- Charging reform
- Impacts via other govt. policy: tax, welfare, housing



# Heating costs present a further health risk this winter

Consumers and patients

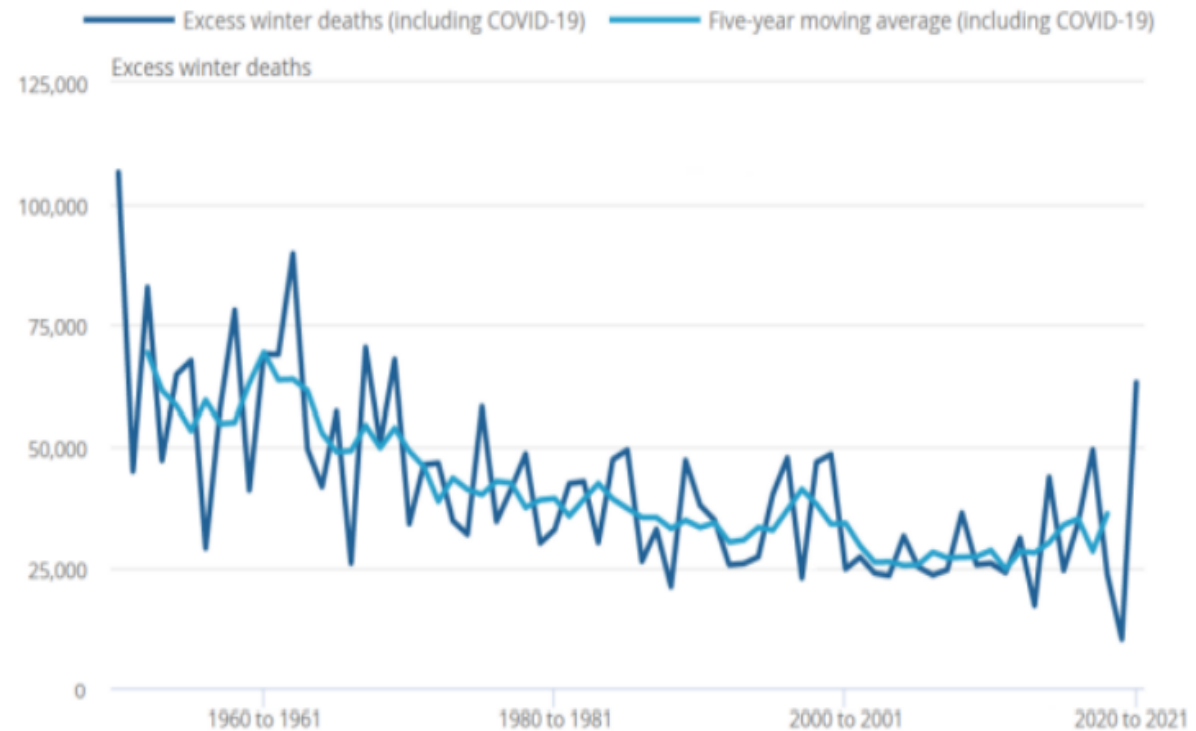
## Heating

Average energy bills are expected to rise by £1,493 in October, which will be offset by government support up to £1,200 for those in the lowest income decile. Using historic price elasticity for domestic gas demand, this price rise will result in a reduction in energy consumption of between 10% and 30%, depending on the household's income. **Lower income households are more likely to respond to higher energy prices by cutting energy use below safe levels. This could itself have direct health implications and compound with covid and flu risks this winter.**

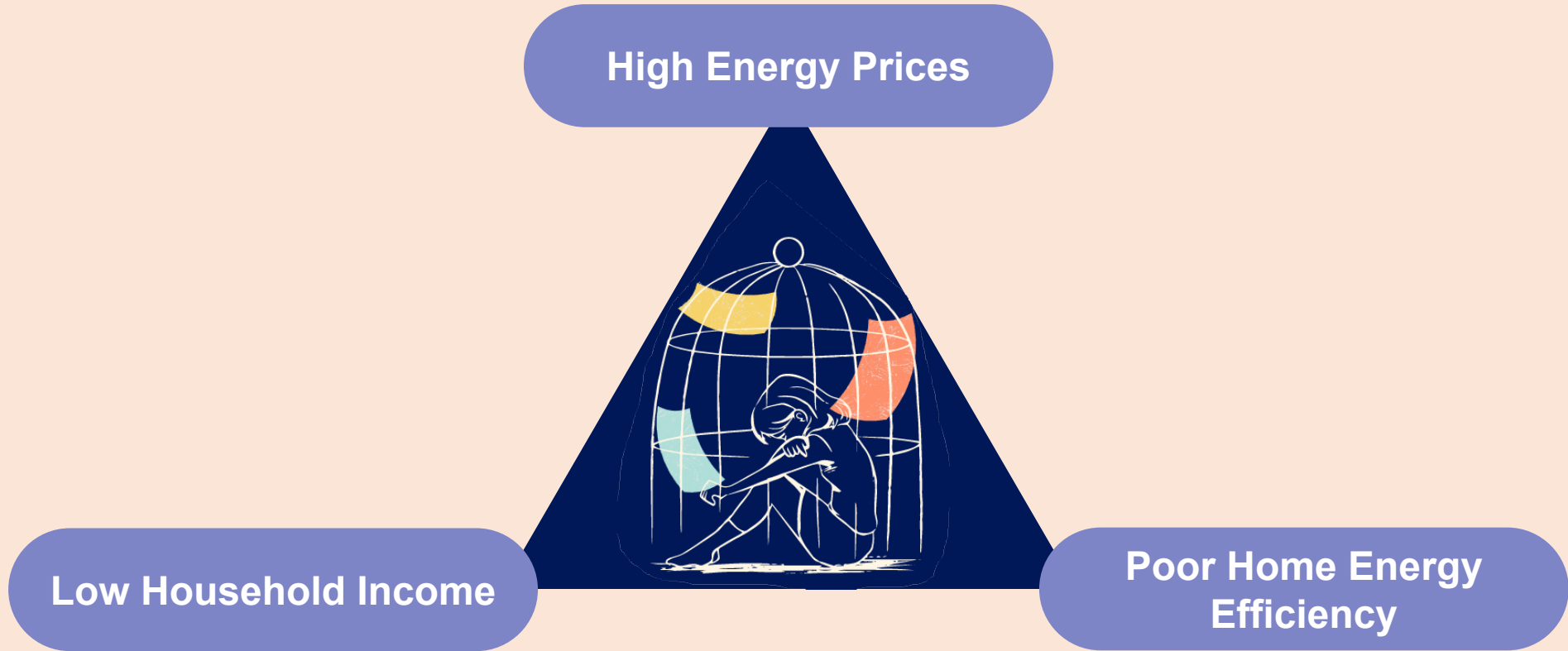
The Marmot Review Team estimated that 21.5% of all excess winter deaths can be attributed due to homes being cold. A 2001 study suggested that death rates rise 2.8% for every Celsius degree drop in the external temperature for those in the coldest 10% of homes, compared with 0.9% in the warmest homes. Estimates suggest that for every cold-related death there are eight non-fatal hospital admissions. These estimates are based on **data from 1986-1996** and are **associative only**. Cardiovascular and respiratory mortality are the disease categories most responsive to cold weather.

The UKHSA Cold Weather Plan for England will be published in October, this will outline when health services can expect most cold-related demand. For this Winter, enacting the Cold Weather Plan in combination with planning for COVID-19 and influenza will be vital to maintaining health service effectiveness.

Figure 1: Excess winter deaths and five-year central moving average, England and Wales, occurring between 1950 to 1951 and 2020 to 2021. *Source: ONS<sup>1</sup>*



# Tackling Fuel Poverty Together





# Cold Homes Kill. Keep Warm and Well.



**Tackling Fuel Poverty Together**



**Cold Homes Kill**

**Beware of heating risks**

- Reduce fire risk from open fires and portable heaters
- Un-swept chimneys or damp wood can start chimney fires
- Install a carbon monoxide monitor
- You can ask the fire service for a free home safety visit
- Check your electric blanket is safe to use.

visit: [esfrs.org/your-safety/home-safety-visits](http://esfrs.org/your-safety/home-safety-visits)  
0800 177 7069

**Damp and mould**

- Causes breathing problems
- Makes asthma worse
- Can cause damage to possessions and buildings
- You can deal with damp and mould by following the steps provided on our web page. If you rent your home, you can also alert your landlord.

visit:  
[warmeastsussex.org.uk/keep-warm/condensation](http://warmeastsussex.org.uk/keep-warm/condensation)

**Cold causes blood to thicken and blood pressure to rise, increasing the risk of stroke and heart attack**

Heat your home to at least 18°C

Did you know?

- Below 16°C breathing becomes more difficult
- Below 12°C there is strain on the heart and risk of heart attack
- Below 9°C can cause hypothermia and risk of death

visit:  
[warmeastsussex.org.uk](http://warmeastsussex.org.uk)  
0800 464 7307  
Text WARM to 80011  
Apply for a Warm Home Check

Check out the information on how to stay warm and well in cold weather on the other side of this leaflet and at: [www.warmeastsussex.org.uk](http://www.warmeastsussex.org.uk)

Published by Citizens Advice 1066, October 2022. [citizensadvice1066.co.uk](http://citizensadvice1066.co.uk)



**keep warm and well**  
...in East Sussex



If you are struggling to afford to keep your home heated to at least 18°C...

**Plan to keep just one or two rooms warm safely**

- Check out the best way to use your heating system
- Use your heating controls and thermostatic radiator valves (TRVs)
- Maintain ventilation and air flow to avoid damp and mould

visit:  
[warmeastsussex.org.uk/keep-warm/diy](http://warmeastsussex.org.uk/keep-warm/diy)

**Keep yourself warm**

- Wear several light layers of warm clothes
- Keep active indoors
- Have hot drinks and meals
- Use hot water bottles or wheat bags

visit:  
[moneysavingexpert.com/utilities/heat-the-human-not-the-home-save-energy](http://moneysavingexpert.com/utilities/heat-the-human-not-the-home-save-energy)

**Ask us for help, advice and financial support**

**East Sussex Warm Home Check service** offers free advice, along with home energy efficiency visits for eligible households:

[warmeastsussex.org.uk](http://warmeastsussex.org.uk) or 0800 464 7307 or text WARM to 80011

**Citizens Advice** offers energy advice, financial support and fuel vouchers:  
[citizensadvice1066.co.uk](http://citizensadvice1066.co.uk) or 01424 869 352

**East Sussex Fire & Rescue Service** offers free home safety visits and electric blanket safety advice: [esfrs.org](http://esfrs.org) or 0800 177 7069

**Social Housing Providers**

**Optivo:** [optivo.org.uk](http://optivo.org.uk) or 0800 121 60 60  
**Orbit:** [orbit.org.uk](http://orbit.org.uk) or 0800 678 1221

**Details of other organisations and sources of cost of living support**

[eastsussex.gov.uk/costofliving](http://eastsussex.gov.uk/costofliving)  
[hastings.gov.uk](http://hastings.gov.uk)  
[gov.uk/help-for-households](http://gov.uk/help-for-households)

**We're here to help you keep warm and well this winter**

# Community Response Action Plan

## Inform yourself

- Sign up to the community response hub mailing list:  
[janet@hvauk.org.uk](mailto:janet@hvauk.org.uk)
- Read Leaflets, websites listed, winter response energy training:  
[events@citizensadvice1066.co.uk](mailto:events@citizensadvice1066.co.uk)
- When to support and when to refer

## Inform others

- Social media, leaflets, 1-2-1s, 1-2-many conversations
- Support people who struggle to access information

## Take action

- Sign up with HVA, Hastings HEART to deliver leaflets, befriending, be part of delivering community warm spaces
- Train to be a Citizens Advice or community volunteer





# What can you do to help? When to refer?

## FINANCIAL ISSUES

- Info from council cost-of-living pages
- Help with info/forms on cost of living payments
- Talk about problems – if debts refer (FCA regulated activity)
- Utility company info/ grant schemes
- Meter readings if possible
- Energy saving tips

- Food vouchers
- Fuel vouchers
- Benefit queries
- Debt advice
- Can't pay rent
- Can't pay utility bills

### ANTI-POVERTY INTERVENTIONS: building financial resilience

- Negotiate with landlords; utility companies
- Debt management and budgeting
- Income maximisation
  - Benefits
  - Vouchers
  - Grants
  - Digital devices and/or training
- Making savings
  - Practical measures
  - Referrals to specialists (gambling, addictions)
  - Health and wellbeing



# What can you do to help? When to refer?

## COLD HOMES KILL



- Is the home cold? Struggling with bills? → provide info from the leaflet/ websites
- Sign them up: Priority services register
- Check for: Warm home discount
- Report mould and disrepair to landlords
- Info about community warm spaces and activities

- Dispute with landlords on repairs
- Social housing landlords
- Energy efficiency measures: the Warm Home Check Service; Social housing
- Dangers →
  - Warm Home Check Service
  - Fire Service
  - Adult Social Care/ GPs
- Carbon monoxide monitors



Joe Ellis, 25

**Mould in bedroom**

- Respiratory condition
- Child under 5

**You**

- Priority services register
- Warm East Sussex website
- Ask – have you had the heating on?

**Refer/Signpost if:**

- Can't afford to put the heating on
- Using the food bank
- Been offered a loan
- Landlord ignoring emails
- Not sure about benefits as working part time



Eileen Watson, 72

**Social isolation / Digital exclusion**

- good health
- widowed

- Priority services register
- Print out: info on community spaces and activities
- Check: Warm home discount

- Boiler is old – might break down
- I can't afford the oil
- I'd like to get online but can't afford a device; lack confidence



Samantha Wilson, 56

**Volunteer - Might open up chimney**

- seems fine

- Give info on the Fire Service home visits
- Warm East Sussex website: energy saving tips

- House draughty
- Needs a carbon monoxide meter.
- May be eligible for WHCS visit.
- Low income





1066

---

# Thank you

Tracy Dighton, Chief Officer  
Citizens Advice 1066