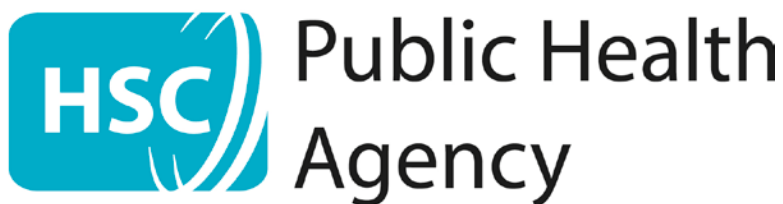




PACK TYPES & CONTENTS - KEEP WARM PACK SCHEME

Adult Packs Male a. Small b. Medium c. Large d. Extra Large	
As a minimum	<ul style="list-style-type: none"> Thermal Vest x 2 (1 long sleeve + 1 short sleeve) Gilet/Sleeveless Fleece x 1 Warm Socks x 1 pair Thermal Long Johns x 1 pair Warm Hat x 1 Blanket – Approx. 120cm x 150cm & 250g weight x 1
Adult Packs Female a. Small b. Medium c. Large d. Extra Large	
As a minimum	<ul style="list-style-type: none"> Thermal Vest x 2 (1 long sleeve + 1 short sleeve) Gilet/Sleeveless Fleece x 1 Warm Socks x 1 pair Warm Leggings x 1 pair Pashmina or wide scarf – Approx. min width 40cm x 1 Blanket – Approx. 120cm x 150cm & 250g weight x 1
Children's packs - gender neutral colours (various sizes): a. 2-3 years b. 3-4 years c. 4-5 years	
As a minimum	<ul style="list-style-type: none"> Thermal vest x 2 (1 long sleeve + 1 short sleeve) Fleece cardigan x 1 Thermal Long Johns and warm leggings x 1 pair of each Warm socks x 1 pair Blanket - Approx. 120cm x 150cm & 250g weight x 1
Toddler's packs - gender neutral colours (1-2 years)	
As a minimum	<ul style="list-style-type: none"> Warm Bodysuit x 2 Fleece cardigan x 1 Thermal Long Johns and warm leggings x 1 pair of each Warm socks x 1 pair Blanket - Approx. 120cm x 150cm & 250g weight x 1
Infant packs pack - gender neutral colours (0-1yr) a. 0-3 mths b. 3-6 mths c. 6-12 mths	
As a minimum	<ul style="list-style-type: none"> Pack of 3 sleeveless bodysuits- 100% cotton (all 3 sizes for ages above) Natural wool or cotton cardigan (all 3 sizes for ages above) Pack of 3 sleepsuits 100% cotton (all 3 sizes for ages above) Warm Socks x 1 pair (all 3 sizes for ages above) Cellular blanket – 100% cotton – Approx 120 x 150cm x 1
ADDITIONAL ITEMS ALL PACKS	
<ul style="list-style-type: none"> A4 Leaflet (x 3 types adult/children/infant) – full colour printing A4 tri-fold leaflet/6pp DL silk finish approx. 120gsm. Design and content with information/tips on how to keep warm in cold weather. Room thermometer with ideal room temperature highlighted (2 types household and a nursery version for babies). All contents to be enclosed in a sealed plastic bag, with pack type and sizing information printed on the pack. 	



Keep Warm Pack

Criteria for distribution to target groups (2017-2018)

Overview

With expensive fuel costs and colder weather, it can be difficult to adequately heat our homes in order to stay warm. For many people living in a cold home can lead to illness and for others it can worsen existing health conditions, especially for those who spend a lot of time indoors or have restricted mobility.

The Keep Warm Packs funded by the Public Health Agency (PHA) have been developed to provide immediate, short term support to help those most at risk to stay warmer at home during cold weather. Additionally, some of the items can be worn under a coat for extra insulation when going outdoors.

Keeping an eye on room temperature is important and the temperature card provided within the pack will help householders to do this. If a home falls below the recommended room temperatures (main living room should be around 18-21 °C with the rest of the house at least 16°C) householders should be encouraged to contact the other sources of support detailed within the pack leaflet.

There are a limited number of Keep Warm Packs available from the PHA and the criteria has been developed to ensure that packs go to those who are most at risk from living in a cold home.

Those experiencing fuel poverty are likely to be on low incomes and should be encouraged to make contact with the organisations and agencies listed on the leaflet to make sure they are claiming their full benefit entitlements.

Keep Warm Pack Criteria

In order to receive a Keep Warm Pack a person must meet **ALL** of the following **3 CRITERIA**:

1. Be experiencing fuel poverty.
2. NOT have received a Keep Warm Pack from a different source.
3. Fall into at least one of the following six categories:
 - a. A person with a long-term health condition including: an underlying illness that makes them more vulnerable in colder weather (e.g. asthma; chronic bronchitis or emphysema; coronary heart disease; stroke) or a physical or mental health condition which results in them spending more time at home.
 - b. A person with a disability that makes them less mobile or means they need to spend more time at home.
 - c. Anyone aged over 65 years old.
 - d. A family with dependent children.
 - e. A pregnant woman.
 - f. A person who is homeless.*

**Keep Warm Packs are primarily designed to help individuals stay warm indoors - please note other support is available through Council for the Homeless Northern Ireland for those sleeping rough/outdoors.*

Pack distribution

It's important that the packs are distributed to those individuals who are experiencing fuel poverty. Thus, knowledge of the individual or households circumstances or a visit to the household is preferred to ensure packs are going to those most in need.

Packs should not be distributed at public or group events - as this is not an effective way of targeting those most in need.

Ways to identify if someone is living in fuel poverty...

Some signs and symptoms to help you identify if a person or household is experiencing fuel poverty:

Diseases and conditions related to cold homes:

- Worsening of long-term conditions in the winter
- More frequent falls and accidents
- Slow recovery from illness

What your client tells you:

- Home is usually too cold
- Home is draughty
- Says that fuel bills are too high
- Owes money for fuel
- Stays in bed to keep warm
- Sits with hot water bottle to keep warm
- Wants to stay in hospital because it is more comfortable
-

What you notice when you visit:

- The home feels cold
- The home feels draughty
- The home smells of damp
- No visible form of heating
- The only heating is electric fires, fan heaters, oil-filled radiators or bottled gas
- Only one room is heated
- Homemade draught-proofing
- Ventilators have been blocked up or covered.
- The person wears lots of clothes indoors.
- Curtains are closed in the day to keep in the heat.
- There are signs of damp or condensation such as:
 - pools of water on window sills
 - mouldy patches around windows, outer walls, ceilings or upper corners of upstairs rooms

Keep Warm Packs 2017-18 (To be completed for each recipient)

Please indicate on the form below how the recipient meets the criteria for receipt of a Keep Warm Pack

The Keep Warm Packs are available for distribution to those who meet ALL of the following 3 CRITERIA:

1. are experiencing fuel poverty **and**
2. have not received a Keep Warm Pack from a different source **and**
3. fall into at least one of the following six categories:

Category	Tick all that apply
(a) A person with a long-term health condition including; an underlying illness that makes them more vulnerable in colder weather (e.g. asthma; chronic bronchitis or emphysema; coronary heart disease; stroke) or a physical or mental health condition which results in them spending more time at home.	
(b) A person with a disability that makes them less mobile or means they need to spend more time at home.	
(c) Anyone aged over 65 years old.	
(d) A family with dependent children.	
(e) A pregnant women.	
(f) A person who is homeless.* *Keep Warm Packs are primarily designed to help individuals stay warm indoors - please note other support is available through Council for the Homeless Northern Ireland for those sleeping rough/outdoors.	

Postcode of recipient: _____ Council: _____

Distributed by (group/organisation): _____