

Top 10 Coping Strategies



Action for Warm Homes

Living in a warm and safe home should be everyone's right, yet this winter over 4 million households will find themselves adopting dangerous and potentially fatal coping strategies to do just that! An NEA survey of front-line workers and wider feedback from our stakeholders highlighted some of the most common coping strategies encountered last winter. As we launch the Warm and Safe Homes Campaign we ask everyone to look out for vulnerable people and offer help and advice on how to stay warm and safe this winter. Download the Warm and Safe Homes Action Guide from www.nea.org.uk/action-guide



Going to bed early to stay warm



Using unsafe, unserviced heating appliances or inappropriate devices like ovens to stay warm



Only heating one room or avoiding using central heating at all



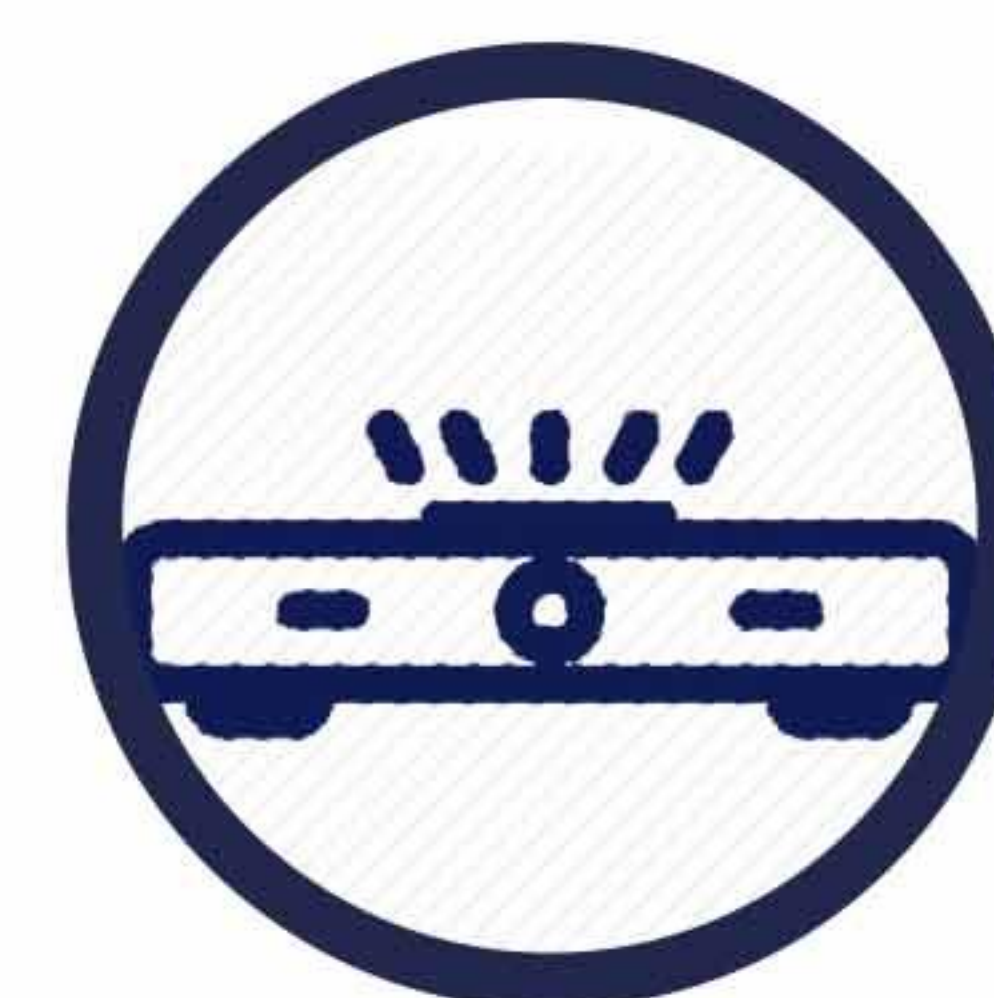
Cutting back on electricity and using candles instead of lights



Spending the day in heated spaces such as a library, cafe or even A&E



Leaving curtains closed all day or putting newspaper over windows



Cooking using alternative sources such as a barbeque or portable stove



Cutting back on buying essential personal items, food, eating only cold meals or reliance on food banks



Not inviting friends or family in to the home



Formal or informal borrowing from friends and family

Although our survey did not evidence this, we know that in extreme cases people may resort to energy theft which is extremely dangerous. Over 150,000 cases were uncovered last year and many of these caused death or major injury. Contact [stayenergysafe](http://stayenergysafe.org) anonymously on **0800 0232777** if you witness or are encouraged by others to carry out energy theft.