**Cold Weather Alert: Stay Warm and Well**

**The Met Office has issued a cold weather alert covering Norfolk. These alerts are issued when severe cold weather is likely to significantly affect people's health. As you know Norfolk RCC has worked to highlight Fuel poverty as a significant issue for rural areas increasing the challenge of staying warm and well.**

**What you can do now**

The Department of Health provides a leaflet offering advice on how to stay warm and well which [can be found here](http://norfolkrcc.us2.list-manage2.com/track/click?u=c6cf6edba7d2212b75d4841d5&id=527240759a&e=d49f5cff5e)

**Warm and Well**

As part of the Warm and Well programme Norfolk RCC is providing training to groups to undertake home visits to vulnerable individuals to identify where they are eligible for additional support. Under the programme participants will be able to receive £50 per successful home visit on completion of the project evaluation. Norfolk RCC is running training events on following dates:

* **24th January** - First Focus,18 Cattle Market St, **Fakenham**, NR21 9AW 12:00 – 14:00
* **28th January** - Norfolk RCC, Ambassador Way, Greens Road, **Dereham**, NR20 3TL 14:00 – 16:00
* **31st January** - All Saints Parish Hall, BeachRoad, **Scratby**, Norfolk, NR29 3AJ 10:00 – 12:00
* **4th February** - Smallburgh Village Hall, Yarmouth Road, **Smallburgh**, Norwich, NR12 9LX 14:00 – 16:00

Please call **01362 698 216** to book your place or email [**office@norfolkrcc.org.uk**](mailto:office@norfolkrcc.org.uk)  
Other training sessions may be available from other providers please see our website or contact the office for information

**Warm front**

The last day for new applications to this scheme, which gives households the opportunity to get help to improve the heating or insulation of their home, is 19 January 2013. The scheme can provide up to £3,500 for those on certain benefits or tax credits. For more information please call 0300 123 1234 or visit [www.gov.uk/warm-front-scheme](http://norfolkrcc.us2.list-manage.com/track/click?u=c6cf6edba7d2212b75d4841d5&id=73ef93e56c&e=d49f5cff5e)

**Thinking Fuel**

Norfolk RCC's oil bulk buying scheme Thinking Fuel can help you save money. Although we cannot guarantee to be the cheapest our aim is to be consistently good value saving on average 11% against the market price. The scheme currently has approximately 1,500 members and is normally community based and once a local groups is set-up allows any individual to register for free within the area. Norfolk RCC members are automatically part of the scheme   
  
If you would like to set up a local scheme please contact the office on 01362 698216 or email [office@norfolkrcc.org.uk](mailto:office@norfolkrcc.org.uk). More information about the scheme is [available here](http://norfolkrcc.us2.list-manage1.com/track/click?u=c6cf6edba7d2212b75d4841d5&id=6f7bf7e1a1&e=d49f5cff5e)  
  
**Norfolk RCC can organise presentations to talk about switching energy supply and energy efficiency to groups. Please contact us if you would like more information.**