



## Winter warmers

### Description



Arctic blasts sweeping across these islands can be particularly challenging for MMHS residents.

Concerned about the deep impact of these bitterly cold conditions, we've located some [Government](#) and [Met Office](#) recommendations to help keep you and your home warm.

Tackling the question head on â?? what temperature should your rooms be in winter â?? the official guidelines say:

- heat your home to at least 18Â°C, particularly if you have reduced mobility, are aged 65 or over, or have a health condition such as heart or lung disease. Slightly higher temperatures may be beneficial for your health;
- if youâ??re under 65, active, and dressed appropriately, you may feel comfortable at slightly lower temperatures;
- for those over 65 or with pre-existing health conditions, bedroom temperatures of at least 18Â°C overnight are advisable;
- healthy adults under 65, with suitable clothing and bedding, may not need to keep bedrooms quite as warm. Itâ??s important to keep bedroom windows closed at night during cold weather to retain warmth.

Additional recommendations about heating your home can also be found on [a useful Government factsheet](#).

MMHS want to stress the recommended minimum temperature for wellbeing is 18C. So if you have any maintenance issues relating to the heating and hot water at your property, please call our offices on 020 3848 6020, selecting option 1.

If you have any concerns regarding your heating bills, please contact our Housing & Wellbeing Officer Verity Twombley on 020 3848 6020.

## Category

1. News & reviews

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