

**Do you live in a Cold Home?
Will your health be affected by the cold this winter?
If so, act NOW.**

Humber & Wolds Rural Community Council is running the Healthy Homes Project in East Yorkshire across 71 villages.

The Project aims to help rural residents who live with an existing health condition that is made worse by living in a cold home. The project is particularly targeting families with young children and the elderly who live in a low income, high fuel cost household.

We are now about to embark on the last 4 months of the Healthy Homes Project, when winter is approaching and cold weather will create greater problems for rural residents who live in this situation.

It is difficult to imagine in 2016, but many families in rural communities are experiencing serious health issues due to the cold. It is very sad to see elderly people, and families with young children, living in one room of their house because it's the only one they can afford to heat. What's worse about this is that it doesn't need to be this way.

We are targeted low income families and the elderly, as they are the most vulnerable groups. Referrals can be made by anyone who would like help or to assist residents in their community. (see below)

We would also like to recruit volunteers to act as Trusted Voices in their community. They will help us to deliver the Healthy Homes Project after training. If you are interested in this role contact us – see below

More information on the villages in the project can be found at www.hwrcc.org.uk

I hope that you can help us to reach those in need.

To contact whether for more information or for a referral,
Telephone 01652 637700 or email peter.hirschfeld@hwrcc.org.uk

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