

# Hitting the Cold Spots

Helping you stay warm



## Keeping warm keeps you well

No one wants a cold home, but it can be hard to keep warm.

Being too cold in your home can cause health problems including bad chests, heart conditions and poor blood circulation.

If you are struggling with a cold home, Hitting the Cold Spots advisors are here to help.

### Contact us:

T: **0800 804 8601** *Monday to Friday, 9am - 5pm*

E: **staywarm@environmentcentre.com**

W: **www.hants.gov.uk/cold-spots**

The advice line is open to all Hampshire residents. Some services have eligibility criteria. Our advisors can discuss the best possible solution for you.



Hampshire  
County Council

**tec** the Environment Centre (tec)  
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