

# Winter Warmth Grants - help to stay warm



**It's important to stay protected against a drop in temperature as cold weather can affect your body's ability to fight off viruses and infections. By keeping warm, you can help yourself stay well this winter. Keeping warm helps alleviate particular problems for polio survivors such as fatigue, pain and risks of falls.**

Our Fellowship is built upon support for our members for whom polio and PPS take a great toll. Making a donation to the Winter Warmth Appeal is a way to help our most deserving members directly. Those of us living with polio and PPS are well aware that cold intolerance is a big issue for many of us. Those of us fortunate enough can simply turn up the heating, but not all our members are so lucky. Every penny we receive goes into the fund and the resulting monies divided amongst those qualifying members who apply.

## Government Winter Fuel Payment

You will be eligible to get the government Winter Fuel Payment for 2022 to 2023 providing you: were born on or before the 25th of September in 1956 (the qualifying date changes each year) and get the state pension or another qualifying social security benefit and also live in the United Kingdom for at least one day of the 'qualifying week'.

## BPF Heating Grants

If you are living in a household in which no one is eligible for the government payment, you are on a low income and have extra need for heat because of your

polio, you can apply for a BPF grant towards your heating costs. You should complete the Heating Grant application form in this issue of *the bulletin* and return it to Central Office by 3 December at the FREEPOST address.

All applications from eligible members will be considered, so please tell us how the cold affects you and your need for heating in the appropriate section on the form. If this is the first grant you have applied for, you will need to enclose some proof of having had polio, this can be anything from a medical record that indicates this, or confirmation from your branch officer. If you have applied for other grants in the past and provided this proof, then you do not need to provide this again. If not sure, please contact us at the office.

All Heating Grants will be considered in December and usually paid at the end of January/beginning of February. Payments will be made directly into the bank/building society account nominated by the applicant.

Do make sure your completed application forms arrive before 2 December 2022. Applicants that arrive late may be refused.

## Government backed Warm Home Discount Scheme

You could get £140 off your electricity bill for winter 2022 to 2023 under the Warm Home Discount Scheme. The scheme opens in November 2022. The money is not paid to you - it's a one-off discount on your electricity bill, between October and March. [▶](#)

# Winter Warmth Grants - help to stay warm

You may be able to get the discount on your gas bill instead if your supplier provides you with both gas and electricity. Contact your supplier to find out.

The discount will not affect your Cold Weather Payment or Winter Fuel Payment.

## Eligibility

There are two ways to qualify for the Warm Home Discount Scheme:

- You get the Guarantee Credit element of Pension Credit - known as the 'core group'

### Who automatically gets the Warm Home Discount?

- If you're in receipt of the Guarantee Credit element of Pension Credit, then you should automatically receive the Warm Home Discount each year. The Department for Work and Pensions (DWP) will write to you to let you know if you're eligible.
- You're on a low income and meet your energy supplier's criteria for the scheme - known as the 'broader group'
- How you apply for the Warm Home Discount Scheme depends on how you qualify for the discount.

### Who qualifies for the Warm Home Discount Scheme?

You are automatically eligible for the Warm Home Discount scheme if all of the following criteria apply to you:

- Your electricity supplier is part of the scheme.
- Your name, or your partner's name, is on the electricity bill.
- You meet either the criteria for the 'core group' or 'broader group' (detailed above).

## What to do if you don't receive your discount letter

If you think you are eligible for the core group but have not received your letter, you can call the Warm Home Discount helpline for support on 0800 731 0160.

## How to reduce your home energy bills

The Warm Home Discount Scheme is an important initiative if you struggle to pay your energy bills, but it's not the only way to reduce the amount you are charged.

The best way to make larger savings from paying less on your energy bills is by comparing energy suppliers and tariffs through Utility Saving Expert. It's totally free and takes just a few minutes to do. Installing a Smart Meter lets you track your consumption with accurate and real time information.

## How to stay warm

The government's advice on getting ready for winter aims to reduce cold-related illness. Key tips include:

**Keep your home warm:** Your main living room should be between around 18-21C (65-70F) and the rest of the house at a minimum of 16C (61F). You can also use a hot-water bottle or electric blanket (but not at the same time) to keep warm while you're in bed.

**Eat well:** Food is a vital source of energy, which helps to keep your body warm. Try to make sure that you have hot meals and drinks regularly throughout the day and keep active in the home if you can.

**Wrap up warm:** inside and out. Layer your clothing to stay warm and wear shoes with a good grip if you need to go outside. If possible, stay inside during a cold period if you have heart or respiratory problems.

**Check on older neighbours or relatives to make sure they're safe and well:** Make sure they're warm enough, especially at night, and have stocks of food and medicines so they don't need to go out during very cold weather. If you're worried about a relative or an elderly neighbour, contact your local council or ring the Age UK helpline on 0800 00 99 66.

Many energy companies offer schemes or grants to help with home heating and energy costs. Some are open to anyone – you don't need to be a customer.

Contact your supplier to find out what they offer. **b**



## BRITISH POLIO FELLOWSHIP - HEATING GRANT APPLICATION FORM 2022

**Application for a heating grant for people with polio/PPS in the UK, living in households NOT eligible for the government Winter Fuel Payment** (Only one application per household, even where there is more than one person with polio/PPS.)

Please complete both sides in BLOCK CAPITALS and return it FREEPOST to Central Office:

FIRST NAME:..... LAST NAME:..... (Mr/Mrs/Miss/Ms)

ADDRESS:.....

POSTCODE:..... TELEPHONE NO:.....

DATE OF BIRTH:       Age now:..... Age when you contracted polio:.....

AGES OF OTHER MEMBERS OF HOUSEHOLD:.....

### MEMBERSHIP INFORMATION

Are you a member of the Fellowship? YES/NO If no, we will send you membership details

If yes, give details of which Branch or Central Office:.....

Are you or a close relative on a Branch, Regional or national committee? If so give details

**PAYMENT DETAILS** – payments will be made directly into your bank or building society account or that of someone you nominate. Please write your bank details clearly and ensure all sections are completed.

Name of Bank or Building Society:.....

Your Name (as shown on your account):.....

Or that of the person you have nominated to receive your payment

Branch Sort Code:

Account Number:.....

If you do not have access to a bank or building society account, who should we make a cheque payable to?

(Please note it may take longer to receive your payment by cheque)

### Data Protection Statement

The information that you provide on this form will be kept in accordance with the Data Protection Act 2018 (GDPR). We will hold only such information as we need to on paper and on computer records. As your application is confidential we will not discuss it with anyone outside The British Fellowship. We do not pass your information on to any other organisations without your consent.

**To the best of my knowledge nobody in my household is eligible for the government Winter Fuel Payment 2022 (you should receive the Winter Fuel Payment if you were born on or before 25 September 1956) the information on this form is correct and I am happy for The British Polio Fellowship to hold this information for Heating Grant purposes:**

### YOUR SIGNATURE.....

**Section B: ABOUT HOW THE COLD AFFECTS YOU**, please tell us in the space below how cold affects you and any polio/PPS related symptoms.

### Please return this form to the address below.

If this is your first grant application some kind of proof of past polio is needed. See page 43 for more information. If you are a Branch member we may forward your application to your local Branch. If you or a close relative are on a Branch, Regional or national committee, Central Office will need to consider your application, so also post it to the address below. We reserve the right to contact you should we need more information to assess your application.

**FREEPOST, BRITISH Polio FELLOWSHIP, CP House, Otterspool Way, Watford WD25 8HR**

No stamp needed but if you use a stamp it will save on our postage costs.

**Please return this form by 2 December 2022 (late applications may be refused) if your application is successful, payment will be made early 2023.**