**Keeping warm and well**

Being cold isn’t just uncomfortable it can also be very bad for your health. If you need any help regarding how you can stay warm this winter, then please call us on **01706 923685**. Greater Manchester Combined Authority have also produced Winterwise, a new guide to keeping well during the winter period: [**www.greatermanchester-ca.gov.uk/what-we-do/ageing/winterwise-guide/**](http://www.greatermanchester-ca.gov.uk/what-we-do/ageing/winterwise-guide/)

1. **Heat your home to a temperature that is comfortable for you**

In rooms you mostly use such as the living room or bedroom, try to heat them to at least 18°C if you can, particularly if you have a pre-existing medical condition. You should also keep your bedroom windows closed at night. Exposure to low indoor temperatures can have a serious impact on your health as you get older. Wearing several layers of clothing will keep you warmer than one thicker layer.

If you’re having issues keeping your home warm then help is available. Visit our website on [**https://www.rochdale.gov.uk/cost-living**](https://www.rochdale.gov.uk/cost-living) or call us on **01706 923685.**

1. **Visit one of our warm spaces**

Our warm spaces offer a place where local people can gather for free in a warm, safe, welcoming place and enjoy a free drink, activities and access to other services. Some warm spaces have additional offers, like winter warmth packs, showers or free Wi-Fi. You don’t have to sit at home in the cold, visit one of our warm spaces:

**Heywood**

* [**Warm Space at Back o' th' Moss Community Centre, Heywood**](https://www.rochdale.gov.uk/directory-record/1348/warm-space-at-back-o-th-moss-community-centre-heywood)
* [**Warm Space at Darnhill Library, Heywood**](https://www.rochdale.gov.uk/directory-record/1293/warm-space-at-darnhill-library-heywood)
* [**Warm Space at Heywood Library, Heywood**](https://www.rochdale.gov.uk/directory-record/1294/warm-space-at-heywood-library-heywood)
* [**Warm Space at Sandon House Helping Hands Cafe, Heywood**](https://www.rochdale.gov.uk/directory-record/1350/warm-space-at-sandon-house-helping-hands-cafe-heywood)

**Littleborough and Pennines**

* [**Warm Space at Hare Hill Extra Care Scheme Community Cafe, Littleborough**](https://www.rochdale.gov.uk/directory-record/1292/warm-space-at-hare-hill-extra-care-scheme-community-cafe-littleborough)
* [**Warm Space at Littleborough Library, Littleborough**](https://www.rochdale.gov.uk/directory-record/1286/warm-space-at-littleborough-library-littleborough)
* [**Warm Space at Milnrow Library, Milnrow**](https://www.rochdale.gov.uk/directory-record/1287/warm-space-at-milnrow-library-milnrow)
* [**Warm Space at New Life Church, Milnrow**](https://www.rochdale.gov.uk/directory-record/1323/warm-space-at-new-life-church-milnrow)
* [**Warm Space at Smithy Bridge Library, Littleborough**](https://www.rochdale.gov.uk/directory-record/1289/warm-space-at-smithy-bridge-library-littleborough)
* [**Warm Space at Wardle Library, Wardle**](https://www.rochdale.gov.uk/directory-record/1290/warm-space-at-wardle-library-wardle)

**Middleton**

* [**Warm Space at Alkrington Library, Middleton**](https://www.rochdale.gov.uk/directory-record/1297/warm-space-at-alkrington-library-middleton)
* [**Warm Space at Bowlee Pavilion, Middleton**](https://www.rochdale.gov.uk/directory-record/1303/warm-space-at-bowlee-pavilion-middleton)
* [**Warm Space at Burnside Centre, Middleton**](https://www.rochdale.gov.uk/directory-record/1328/warm-space-at-burnside-centre-middleton)
* [**Warm Space at Junction Library, Middleton**](https://www.rochdale.gov.uk/directory-record/1299/warm-space-at-junction-library-middleton)
* [**Warm Space at Langley Library, Middleton**](https://www.rochdale.gov.uk/directory-record/1298/warm-space-at-langley-library-middleton)
* [**Warm Space at Middleton Arena, Middleton**](https://www.rochdale.gov.uk/directory-record/1347/warm-space-at-middleton-arena-middleton)
* [**Warm Space at Middleton Library, Middleton**](https://www.rochdale.gov.uk/directory-record/1300/warm-space-at-middleton-library-middleton)
* [**Warm Space at The Hub, Alkrington**](https://www.rochdale.gov.uk/directory-record/1334/warm-space-at-the-hub-alkrington)
* [**Warm Space at The Lighthouse Project, Middleton**](https://www.rochdale.gov.uk/directory-record/1302/warm-space-at-the-lighthouse-project-middleton)

**Rochdale**

* [**Warm Space at Aspire 2 Inspire, Rochdale**](https://www.rochdale.gov.uk/directory-record/1349/warm-space-at-aspire-2-inspire-rochdale)
* [**Warm Space at Balderstone Library, Rochdale**](https://www.rochdale.gov.uk/directory-record/1284/warm-space-at-balderstone-library-rochdale)
* [**Warm Space at Bangladesh Association and Community Project Centre, Rochdale**](https://www.rochdale.gov.uk/directory-record/1333/warm-space-at-bangladesh-association-and-community-project-centre-rochdale)
* [**Warm Space at Branches Christian Fellowship, Rochdale**](https://www.rochdale.gov.uk/directory-record/1319/warm-space-at-branches-christian-fellowship-rochdale)
* [**Warm Space at Castleton Library, Rochdale**](https://www.rochdale.gov.uk/directory-record/1285/warm-space-at-castleton-library-rochdale)
* [**Warm Space at Kirkholt Community Church, Rochdale**](https://www.rochdale.gov.uk/directory-record/1324/warm-space-at-kirkholt-community-church-rochdale)
* [**Warm Space at Norden Library, Rochdale**](https://www.rochdale.gov.uk/directory-record/1279/warm-space-at-norden-library-rochdale)
* [**Warm Space at Rochdale Central Library, Rochdale**](https://www.rochdale.gov.uk/directory-record/1278/warm-space-at-rochdale-central-library-rochdale)
* [**Warm Space at Smallbridge Library, Rochdale**](https://www.rochdale.gov.uk/directory-record/1288/warm-space-at-smallbridge-library-rochdale)
* [**Warm Space at Spotland Library, Rochdale**](https://www.rochdale.gov.uk/directory-record/1280/warm-space-at-spotland-library-rochdale)
* [**Warm Space at The Salvation Army, Rochdale**](https://www.rochdale.gov.uk/directory-record/1277/warm-space-at-the-salvation-army-rochdale)
* [**Warm Space at The Strand Community Hub, Rochdale**](https://www.rochdale.gov.uk/directory-record/1327/warm-space-at-the-strand-community-hub-rochdale)
* [**Warm Space at Touchstones Rochdale, Rochdale**](https://www.rochdale.gov.uk/directory-record/1283/warm-space-at-touchstones-rochdale-rochdale)
* [**Warm Space at Wardleworth Community Centre, Rochdale**](https://www.rochdale.gov.uk/directory-record/1340/warm-space-at-wardleworth-community-centre-rochdale)

Our range of warm spaces is being updated all the time with new venues, so please check our website for the latest details, including opening times and what is on offer at each space.

More info: [**www.rochdale.gov.uk/warmspaces**](http://www.rochdale.gov.uk/warmspaces) or call us 01706 923685.

1. **Look out for others. Ask how they are keeping warm during cold weather**