

## Cold Weather Planning Tool

This Cold Weather Planning Tool is to help you think through how you might be able to respond to your beneficiaries needs during the winter and identify how a small grant up to £1,000 may assist you with this.

These guidelines are designed to help you think through who is most vulnerable and how you might respond.

### Who is vulnerable to cold weather?

Certain groups are particularly vulnerable:

**Older people** – especially those that are not very active or become less so, do not eat enough, have other illness or those living on their own and are socially isolated.

**Babies and young children** – they lose heat quickly in a cold room, as they cannot regulate their body temperature as well as older children.

**People with certain health conditions e.g. heart conditions, hypothyroidism, stroke, severe arthritis** – cold conditions can increase risk of heart attacks, strokes etc. or change the body's ability to stimulus e.g. by affecting the fingers and toes (where they may feel cold).

**People taking medicinal or recreational drugs** – these may interfere with the body's ability to regulate temperature.

**Mental health e.g. dementia, mental illness, learning difficulties** – may not recognise symptoms of cold weather or be unable to adapt behaviour to keep warm.

**The homeless and those living in very poor housing** – people who are unable to find adequate shelter or are living in very poor accommodation, at risk of hypothermia, early stages of frostbite or exacerbating other illnesses.

### How can you respond?

This list is not exhaustive, but actions might include:

- Increase your regular activities
- Increased transport costs (e.g. provide taxis to ensure people can reach your services)
- Targeted visits during extended cold weather (befriending service)
- Check beneficiaries have enough food and are warm enough
- Provide warm meals (e.g. Meals on wheels service or provide hot meals at your activities)
- Advise carers of potential impacts of cold weather (workshops)

If you have any enquiries regarding this fund please contact CCF on 01566 779333 or by e-mailing [grants@cornwallfoundation.com](mailto:grants@cornwallfoundation.com).

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