



STAY WARM, STAY WELL



Free training for front line staff who look after the health, wellbeing and social welfare of vulnerable clients.

*Raising awareness of the impact of fuel poverty and cold homes on people's health.
Working towards affordable warmth for all.*

One Day Course Aims

- To improve understanding of domestic energy efficiency and the impact of fuel poverty on vulnerable, low income households
- To raise awareness of schemes/grants and other support mechanisms for energy efficiency improvements, creating an effective means for linking those in need with the help that's available

By the end of the session you will be able to:

- Understand the causes and effects of fuel poverty
- Identify those at risk of ill-health through living in cold, damp homes
- Raise awareness of schemes/grants and assistance available to improve energy efficiency
- Signpost to appropriate agencies and organisations

Course Outline

- Introduction to EAS and the Stay Warm, Stay Well project
- Fuel poverty – causes and effects
- Cold damp homes and health impacts
- Condensation dampness
- Energy efficiency
- Heat loss in the home
- Paying for fuel and fuel debt issues
- Sourcing help and effective signposting
- Tariffs and switching

City & Guilds Course Aims

This course is designed to further enhance knowledge of energy efficiency, enabling those working directly with vulnerable households to provide practical and effective support.

On completion you will be able to:

- Identify a range of heating/hot water systems and appliances
- Advise clients on the safe and efficient use of heating/hot water systems and appliances
- Help clients work out their fuel consumption and inform them of the different ways they can pay for fuel
- Identify the potential for insulation, draughtproofing and other measures
- Inform clients of the different sources of help and support available and help them access this
- Advise clients on how to avoid condensation and to take remedial action where condensation dampness exists

Course Outline

Heating & Preventing Heat Loss

- use of heating/hot water systems and effective use of controls
- heat loss and home insulation

Lifestyle & Housekeeping

- causes and control of condensation and dampness
- energy saving measures
- health risks from the lack of affordable warmth

Finance & Budgeting

- tariffs, meters and budgeting for fuel
- appliance running costs
- payment methods
- services available from fuel suppliers and consumer bodies
- support, grants and financial help available

Venues and Dates

Date	Location	Date	Location
08 November 2016	Glasgow	02 December 2016	Dundee
17 November 2016	Paisley	09 December 2016	Perth
18 November 2016	Hamilton	12 December 2016	Edinburgh
22 November 2016	Port Glasgow	15 December 2016	Ayr
23 November 2016	Glasgow	12 January 2017	Glasgow
24 November 2016	Dumfries	13 January 2017	Galashiels
28 November 2016	Kirkcaldy	17 January 2017	Inverness
30 November 2016	Peterhead	18 January 2017	Fort William
01 December 2016	Aberdeen		

Comments from previous course participants:

Found the session extremely beneficial and now feel more confident about advising carers who contact us for information and support

Very informative and useful. Will be able to assist my service users who are suffering fuel poverty

Excellent – clear and very useful both for me and the Housing Association

Excellent. Provided a wealth of information and advice which will be useful.

Extremely informative. Well worth attending

Everyone in care or nursing should attend

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