



News from United Utilities

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Keep your home healthy this winter: free advice pack launched

North West water company United Utilities, has produced a free advice pack to help people keep their homes 'healthy' this winter.

'Fight the freeze: a guide to winter warmth' features advice on how to avoid frozen pipes, what to do if a pipe should burst, and a range of additional tips and hints to help homeowners keep the heat in, and cold out, as temperatures start to drop.

Dave Briers from United Utilities said: "There are many ways we can stay warm and well over winter such as eating right, wrapping up and knowing where to turn with any health niggles. But what many people often don't realise is that taking a few simple steps to keep our homes freeze free can also make a big difference to our overall wellbeing."

According to the guide, one of the simplest things people can do to protect their homes from the cold is to lag their pipes, especially those located in the garage or loft as these are most likely to freeze and burst during periods of colder weather.

As well as potentially leaving homeowners without water for hot baths and showers – a disaster during winter months - burst pipes can also be expensive to fix. In the North West the average cost for an emergency plumber is £120.

Homeowners are also encouraged to locate and label their stop tap - the tap which controls water supply to a house - so that in the event of a burst, water can be turned off immediately to avoid water damage that may leave properties cold and damp.

In addition to home health tips, the new guide from United Utilities also includes broader advice to help with winter wellbeing, such as where to access financial support with heating bills, where to look for warming nutritious recipes, and who to turn to with concerns for loved ones or neighbours who might be vulnerable to colder conditions.

Dave Briers said: "Taking simple steps to prepare properties for cold snaps, and knowing where to look for advice on winter wellbeing, is really important. By producing this guide, we hope to help homeowners stay freeze free and avoid unnecessary heartache and hassle – particularly over the festive period."

'Fight the freeze: a guide to winter warmth' is available to download for free from www.unitedutilities.com/winterwise.