

## Surviving Winter Appeal

Winter can be a lonely and worrying time. With many older and vulnerable people living alone in addition to the ongoing public health crisis, many people are still cautious about leaving their homes. The uncertainty of the coming winter months will lead to increased social isolation again this year.

Those affected cope as best they can – by cutting back on essentials, rationing energy use, and taking respite in other warm places. But even then, it isn't always enough. Cold-related deaths represent the biggest weather-related source of mortality in England, and on average, there are approximately 35,000 excess winter deaths each year in England and Wales. This means hundreds of people in Cambridgeshire may die this winter because of being cold.

This winter, the appeal needs the help of the local community more than ever. The fuel crisis is set to take hold of the nation and one in eight homes in Cambridgeshire live in fuel poverty, meaning that they spend more than 10% of their income on fuel. This will lead to the terrible choice for many “eat or heat” this winter.

### Cambridgeshire

12.8% of households in Cambridgeshire go cold over winter, according to the latest government figures. That figure increases for Peterborough to 15.2% and to 14.9% for the city of Cambridge. This means that almost 50,000 households in Cambridgeshire are fuel poor.

In one of the most prosperous counties in the UK, many households simply cannot afford to keep adequately warm over winter. Incredibly, many parts of our county are amongst the worst nationally for fuel poverty.

### **This matters.**

The cold can have direct and indirect effects on our health.

Direct effects include:

- heart attack
- stroke
- respiratory disease
- influenza
- hypothermia

Indirect effects include:

- poor mental health – impact of living in a cold home, reduced contact with loved ones, staying at home to keep warm, getting into debt due to fuel bills, becoming socially isolated
- reduced education and employment success, as a cold home affects a child's ability to study or do homework
- poor hygiene, from a lack of hot water for showers and washing
- poor diet and nutrition - lack of energy for home cooking

CCF is determined to do something about this. We want warm homes for thousands of vulnerable people right across Cambridgeshire.

## **Interested in Helping?**

Everyone in Cambridgeshire over the age of 65 receives a non-means-tested Winter Fuel Payment, whether they need it or not. If you don't need it, please donate an equivalent or part of it to the Winter Crisis Appeal, so that it can be given to other people or families in the county living in fuel poverty. We would also be very grateful for any donations, of any amount from people of all ages who simply want to support our appeal.

## **Ways to donate**

### **Online**

Visit our [Surviving Winter Just Giving](#) page to donate online.

### **In the Mail**

Send a cheque payable to Cambridgeshire Community Foundation, please include a note indicating that it is for the Surviving Winter Appeal.

Our address is:

Hangar One  
The Airport  
Newmarket Road  
Cambridge CB5 8TG

### **Bank Transfer or Standing Order**

Email [info@cambscf.org.uk](mailto:info@cambscf.org.uk) to get information on sending a bank transfer or set up a standing order.

### **Gift Aid**

As a Registered Charity 1103314 we are able to increase the value of your gift by 25% if you confirm you are able to make your donation under "Gift Aid" and provide us with your name and address. Please download and complete a Gift Aid Form below.

 [CCF Gift Aid Declaration Form.doc \(36.0 KiB\)](#)

## **Our Partners**



\*Grants will be distributed through partners