

Keeping People Warm and Well: Changes4Warmth

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JSU
Joint Funding &
Strategic Unit



LOTTERY FUNDED

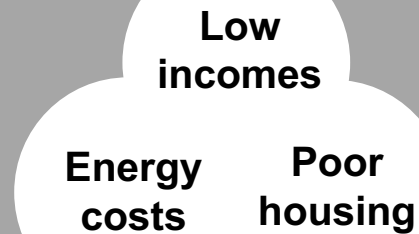
Changes4Warmth

**2013-2017:
Project addressing the impact of
fuel poverty on people
experiencing mental distress**

Cold Homes and Poor Health

University of Birmingham

Fuel Poverty is estimated to affect as many as **4 million UK households** (NEA 2017)



In 2015/16 there were 24,300 excess winter deaths; 15% more in winter months (ONS 2016)

Estimated that cold homes cost NHS in excess of **£1.36 billion annually** (Koksharov 2007)

Psychological symptoms, malnutrition, social isolation (Marmot Review 2011)

Studies indicate **mental wellbeing increases after improvements** (Eadson 2014, Gilbertson & Green 2008)

Stage 1

University of
Salford
MANCHESTER



SHUSU
Sustainable Housing &
Urban Studies Unit

**'I was frightened to
put the heating on.'**

Evaluating the Changes4Warmth
approach to cold homes and mental health

Graeme Sherriff
March 2016



Stage 2

University of
Salford
MANCHESTER



SHUSU
Sustainable Housing &
Urban Studies Unit

**Changes4Warmth:
Lessons Learned &
Directions Forward**

Graeme Sherriff
December 2016



Key findings

Interviewees confirmed links between cold homes and (mental and physical) health and wellbeing

Value of home visits



Method of making contact with energy suppliers seen as particularly beneficial.

BUILDING TRUST

Doing things differently, and with energy saving in mind

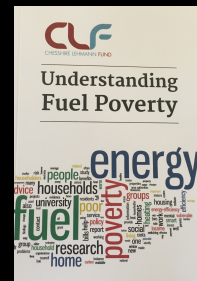
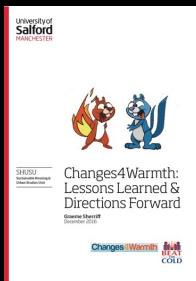
Awareness of the

WARM HOMES DISCOUNT

Local event



Publications



Sharing the research

Back at BtC



House of Lords



Sustainability as if People Mattered

*'If you're warm, you're
well...If you're cold
you're not well'*



Thank you for listening

Any questions?