



Preparing for Winter

Spotlight on
Coquetdale
and Breamish
Hall Warm
Hubs

Slow Cooker
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training

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damp

Spotlight on...Coquetdale Village Hall Warm Hub



Vikki Ewen runs the Coquetdale Warm Hub which has been running successfully for 2 years. Here we ask her the secrets of their Hub’s success!

Tell us a bit about your Warm Hub.
The Coquetdale Lunch Club came about as a response to the need to help folk who may be lonely or feel isolated in the Coquet Valley. We have a brilliant connection with the Upper Coquetdale Community Transport who pick people up from home if need be and bring them along for £1: this connection has been so rewarding for both parties.

How many people come through your doors?
38 is the most we have served- and it isn’t a large room!



How often and when do you run your Warm Hub
Fortnightly on Thursday at the Thropton War Memorial Hall from 11.45

What sort of activities do you put on?
Lunch every time plus ‘occasional recreations, outings and entertainment’: this includes a good link with the local First School who come down and sing or eat with us each term; theatre trips to Newcastle; Christmas shopping trips to Boundary Mill; local musicians; the OOT project from the Balliffgate Museum have been to chat to our folk as they gather memories of bygone Coquet Valley life; local panto with pre-panto dinner; fish & chips at the Warm Hub Get Togethers in Seahouses; Bamburgh for Grace Darling and lunch

Do you offer refreshments/food? If so what do you serve?
We serve homemade pies/quiches with new potatoes & salad in the Summer and soup with lovely fresh bread over Winter: both followed by magnificent homemade puddings with cream or custard.

How has the Hub helped local people?
Right from the beginning we’ve been promoting the fact that eating your meal with friends is important. It’s the social side of eating together, and the activities that go alongside it. It’s become part of people’s lives.

How do you promote the service? Are you at capacity?
There are a surprising number of people who move to the Coquet Valley later in life, or whose family move away. I would like to think that the Lunch Club is a place of warmth and kindness in the first instance- and I know that we have a good laugh. People have met here and become friends, meeting up outside of Lunch Club. We also occasionally help with form filling or deciphering- red tape doesn’t decrease as you get older! - or technology issues. We also try to keep our outings local if we can (Christmas Lunch is in the Cross Keys in Thropton) and use local produce.

What lessons have you learnt in setting up this Hub? Any advice for new Hubs?
You must have a strong committee of people who can certainly do the following: treasurer, secretary, chair plus a central organiser to co-ordinate the volunteers who make the food. A representative on the Hall Committee is useful as is someone to organise insurance (if you need it), training, cleaning, food hygiene- not in and of themselves huge tasks but necessary. We found Lloyds Bank Community Banking to be excellent. Above all, use and take the advice offered from CAN and ask other Hubs too- you would be very welcome to come along.

What are the benefits of working with CAN and Warm Hubs?
Manifold! Advice in the first instance with absolutely everything. Then training, grant applications. I have found Christine’s help and input invaluable.

Thanks Vikki, any final message for our readers?
If in doubt- just get on and do it.

WARM HUB NEWS



Training courses still available for 2019

We have some more FREE training courses left for this year for our Warm Hub volunteers:

- Safeguarding
- Food Safety Level 2
- Dementia Awareness
- Fire Safety
- Energy and Carbon Monoxide Awareness
- How to access Funding
- First Aid

If you'd like more information on any of these or how to arrange a course please contact christinenicholls@ca-north.org.uk



Do you qualify for a free central heating system?

The Warm Homes Fund is a £150million fund administered by Affordable Warmth Solutions across England, Wales and Scotland, designed to help households who can't afford to heat their home to the temperature needed to stay warm and healthy. Over £1million of the fund was allocated for the installation of central heating systems into qualifying homes across the North East.

To find out if you qualify or to discuss your application further call our advisors today on (01670) 624140.

*Lines are open Mon-Thurs 8.30am-5pm, Fri 8.30am-4.30pm, closed on Bank Holidays.



Save money on your heating fuel

Special offer - Free membership for the first year with OilCAN for new members of Warm hubs

OilCAN is our bulk-buying heating fuel service, offering Northumberland residents, groups and businesses the opportunity to buy oil, liquid petroleum gas (LPG) and coal at lower prices.

We combine the purchasing power of all our members to help them get the lowest possible prices for their heating fuels.

With OilCAN, you can:

- save money on your fuel order
- benefit from the lowest possible prices
- order quickly and easily through your local

volunteer co-ordinator by phone or email

- receive your order within just ten days
- get peace of mind knowing that if, for any reason, you run out, we can provide you with emergency provisions.

Membership is free to New Warm Hub members for the first year. Any profit we make goes back into supporting rural communities across Northumberland.

Find out more here: <http://ca-north.org.uk/supporting-individuals/oilcan>

CAN have entered into an agreement with A F Affinity Ltd (Affinity) to deliver the OilCAN scheme. Affinity is a subsidiary of Anglia Farmers, an industrial and provident society and the largest agricultural co-operative buying group in the UK. Affinity negotiates with suppliers across the UK to get lower prices and a better service.

GETTING WISE TO SCAMS

A scam is a type of fraud in which someone steals your money or information. You can be scammed online, in person, over the phone, or through the post. Scams can be difficult to recognise, but there are things you can look out for.

Recognising a scam

It might be a scam if:

- it seems too good to be true – for example, a holiday that's significantly cheaper than you'd expect it to be
- someone you don't know contacts you unexpectedly
- you suspect you're not dealing with a real company – for example if there's no postal address
- you've been asked to transfer money quickly
- you've been asked to pay in an unusual way – for example, by iTunes vouchers or through a transfer service like MoneyGram or Western Union
- you've been asked to give away personal information like passwords or PINs
- you haven't had written confirmation of what's been agreed

If you're not sure if something is a scam, contact CAB. They'll give you advice about what might be a scam and the steps you should take if you've been scammed.

Protecting yourself online

There are things you can do to protect yourself from being scammed online.

Check you're buying from a real company

It's important to check you're buying from a real company. You can search for a company's details on Gov.uk. This will tell you if they're a registered company or not.

If you're buying something on a site you haven't used before, spend a few minutes checking it – start by finding its terms and conditions. The company's address should have a street name, not just a post office box.

Check to see what people have said about the company. It's worth looking for reviews on different websites – don't rely on reviews the company has put on its own website.

Don't click on or download anything you don't trust

Don't click on or download anything you don't trust – for example, if you get an email from a company with a strange email address. Doing this could infect your computer with a virus.

Make sure your antivirus software is up to date to give you more protection.

Be careful about giving personal information away

Some scammers try to get your personal information – for example, the name of your primary school or your National Insurance number. They can use this information to hack your accounts. If you come across sites that ask for this type of information without an obvious reason, check they're legitimate.

Check if your details have been shared online

Sometimes your log-in details can be made publicly available when a website is hacked. This means that someone could use your details in a scam. Check whether your accounts have been put at risk on the website Have I Been Pwned.

Make your online accounts secure

Make sure you have a strong password for your email accounts that you don't use anywhere else. If you're worried about remembering lots of different passwords, you can use a password manager.

Some websites let you add a second step when you log in to your account – this is known as 'two-factor authentication'. This makes it harder for scammers to access your accounts.

Pay by debit or credit card

Pay by card to get extra protection if things go wrong.

Know how your bank operates

Check your bank's website to see how your bank will and won't communicate with you. For example, find out what type of security questions they'll ask if they phone you.

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TO STOP FRAUD™

SPOTLIGHT ON... BREAMISH HALL WARM HUB



May Wilson (centre) receiving the Hallmark 3 village hall quality award last year from poet Ian McMillan

May Wilson runs the Breamish Warm Hub which has been running successfully for nearly 2 years. Here we ask her the secrets of their Hub's success!

Tell us a bit about your Warm Hub.

Our Warm Hub lunches are held in the Breamish Hall, run by myself with help from committee members and volunteers. Before setting up we posted information on notice boards, our Facebook page, and the Breamish Valley website, and also promote the lunches at the Women's Institute and through the Parish Council. We did plan to hold the lunches fortnightly, but Whittingham church decided to hold a lunch in addition. After a discussion with the organizer we agreed

we would hold the lunches alternately every fortnight giving people a chance to attend both if they choose.

The hall has a strong link with Branton Community Primary School & Breamish Valley Community Nursery. We regularly invite the children to join our lunch and are keen to promote the intergeneration with the children and our attendees. Having the children sing and read about things they are currently learning in school and sharing it with the attendees shows great connectivity between the ages and everyone benefits from it.

We have had informative visits for our attendees from the Cancer Awareness Trust, Northumbria Healthcare and inorthumberland giving digital advice addressing issues they are facing at home. Christmas lunch was well attended followed by entertainment from Heads on the Block. The profits from the event have been put towards the new oven which is due to be installed this month. Smaller kitchen items have been purchased and a reconditioned Bain Marie donated as well as a coffee machine.

Our Warm Hub has proved very popular with residents within the Parishes of Hedgeley, Ingram, Eglingham, Glanton, Whittingham and Wooler. Providing an avenue to relieve social isolation and is definitely something that the regular attendees look forward to - even more so when the children are able to come too.

How many people come through your doors?

Numbers have risen from 19 when we began, now averaging 40. The lunches are proving to be very popular with our regulars and it is always good to see new people turning up. The problem is we never know how much to cook!



Do you offer refreshments/food? If so what do you serve?

On the menu we offer a choice of two courses, a main and a sweet followed by coffee. Good hearty home cooking, changing with the seasons. Fresh ingredients bought from local suppliers. Also people as very generous they give any surplus fruit and vegetables from gardens. Everything is cooked in the kitchen at the Breamish Hall on the day.

How has the Hub helped local people?

From the beginning, we've been promoting the fact that eating your meal with friends is important. It's the social side of eating together, and the activities that go alongside ensuring the variety of activity offers something to suit everyone. It has become a very important and essential part of people's lives, giving them an opportunity to get to know the people within

villages in the surrounding areas in a friendly and supportive atmosphere. It's great, how the Warm Hub lunches have helped to generate new interest in other user groups using the Breamish Hall.

Sylvia Pringle from inorthumberland has been along to be on hand to advise on their iPad and about installing ICE on their mobiles. Following her visit, Adult Learning Services were keen to come out and deliver digital training in rural areas which we were able to promote via the Warm Hub for potential attendees for training. There is now a four-week course currently taking place in the hall with the opportunity for a further six.

Branton Community Primary School & Breamish Valley Community Nursery is made welcome to join us for lunch. The children's involvement especially during the festive times, when they do a presentation about things they are currently learning in school and sharing it with attendees at the warm hub shows great connectivity between the ages. The singing and stories were very well received by all and will definitely help to improve the confidence of the children coming to present and singing in front of an unfamiliar audience.

The Warm hub is going very well; it is good to invest back into the community by giving a donation to Hedgeley Parish Council. For health and safety, they are having a traditional dry stone wall erected around the well in the Powburn community garden.

What lessons have you learnt in setting up this Hub?

Looking at health and safety, making sure all our due diligence is in place.

What are the benefits of working with CAN and Warm Hubs?

Having the knowledge that we have CAN and warm hub to turn to for advice is comforting. Christine Nicholls on-going support gives us an assurance we run efficiently. As a Warm Hub centre our volunteers have had the opportunity to access free training such as Food Safety. Completing this course has achieved your legal obligation as food handlers to undertake appropriate food safety training. It's given our committee confidence we are doing things correctly.

Thanks May, any final message for our readers?

Cooking for the warm hub is rewarding - making others happy through food.

DEALING WITH DAMP AND CONDENSATION

During the colder months, condensation becomes a major problem in many British homes.

It is caused when warm, moist air hits a cold surface such as a window or external wall and condenses, running down the cold surface as water droplets. If left this can develop into black mould which looks and smells bad and can cause health problems as well as thousands of pounds worth of damage to clothes, furniture, books, shoes and decorations.

Condensation can be a problem in any property no matter its age. It is often worse in homes that have been modernised as ventilation and the circulation of air is reduced.

Controlling ventilation and air circulation around the home is very important in the prevention of condensation because this allows moisture-filled air to escape to the outside, preventing future problems inside your home.

Did you know ?

- A family of four can add moisture to the air equivalent to 30 to 40 litres of water a week just by breathing
- Showering, cooking, bathing and washing can add 15 to 20 litres a week
- Drying clothes indoors can add 10 to 15 litres a week

Rising or penetrating damp can cause problems in your home although it is less common than condensation. If you think damp is causing a problem in your property you will need to seek advice as to what is causing it and how it can be fixed.



Rising damp

Rising damp is caused by a failed or 'bridged' damp-proof course. This allows moisture in the ground to rise up through the ground floor walls of your home, sometimes to a height of one metre. You can usually identify rising damp because it is often associated with a tide mark at the edge of the area of damp caused by salt deposits.



Penetrating damp

Penetrating damp is classed as any water that finds its way inside from the outside. It can occur at all levels of the building and is usually higher up. Overflowing gutters, missing roof tiles, leaking pipes and downspouts, badly fitting windows/doors and damaged pointing, cladding or flashing or render as well as covered air bricks can all be a source of penetrating damp.

Typical signs of penetrating damp are:

- growing areas of damp on walls or ceilings
- blotchy patches on walls
- wet and crumbly plaster
- signs of spores or mildew
- drips and puddles

Condensation can cause mould to form in your home, lead to staining/ damaging wallpaper, wall surfaces, window frames, furniture and clothing.

The mould and its spores carry the musty smell that is often associated with a damp house. Black mould can't grow where salt deposits are present (as with rising damp) and is therefore a sign of condensation.

Water vapour is generated in your home in many ways but the main causes are:

- steam from cooking and boiling the kettle
- baths and showers
- drying clothes inside
- unsuitable venting of tumble dryers

The best way to deal with mould is to remove it from walls using a special fungicidal wash which should be used in line with the manufacturer's instructions. Special paints are also available that will delay the return of the mould, but unless you take steps to reduce condensation it will eventually grow back.

The major difference between condensation and other forms of dampness is that you have the ability to reduce or solve the problem just through changing behaviour in the home.



Areas prone to condensation

The following areas are particularly prone to condensation:

- cold surfaces such as mirrors, windows and window frames
- kitchens and bathrooms where a lot of steam is created
- external walls, walls of unheated rooms and cold corners of rooms
- wardrobes/cupboards and behind furniture against an external wall where there is a lack of ventilation.

Top tips to reduce condensation

1. In cold weather try and keep temperatures between 18-21°C in main living areas whilst indoors
2. Don't block airbricks or air vents
3. To kill and remove mould wipe down wall and window frames with a fungicidal wash which carries a Health & Safety Executive approved number
4. Dry washing outside whenever possible
5. Don't dry clothes on radiators. This will make your boiler work harder to heat your house and cost almost as much as using a tumble dryer, whilst creating a lot of condensation
6. If you have to dry clothing indoors and don't have a tumble dryer, place clothes on a drying rack in a room where a window can be opened slightly and keep the door closed
7. No drying rack? Put your clothes on hangers and hang from a curtain pole above a slightly opened window.

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Slow Cooker Recipes

Did you know you can make a cake in a slow cooker? Christine Nicholls from CAN shares these two delicious recipes which have been tried and tested at Warm Hubs!

Slow Cooker Cake

Ingredients

375g mixed fruit
(with or without peel)

250ml hot tea

100g light brown sugar

50g butter

1 egg

3 tsp cinnamon

225g self-raising flour

Method

1. Make the tea in a jug then measure your dried fruit into a large bowl.
2. Pour the hot tea over the dried fruit and mix it well. Cover the bowl and leave it to soak overnight if possible, I soaked mine for one hour they plumped up nicely.
3. Cream the butter and the sugar in another bowl
4. Add the egg and beat well
5. Sift in the flour and cinnamon and mix
6. Add fruit and the remaining tea and mix well
7. Grease your slow cooker or line with baking paper
8. Pour in mixture and cook on high for one and a half to two hours. Or until you've tested the centre with a skewer.



Slow Cooker Chocolate Fudge Cake

Ingredients

60 g unsweetened cocoa powder

120 g self-raising flour

2 tsp baking powder

28 g melted butter

2 large eggs

80 g granulated sugar

80 g plain Greek yogurt
(fat-free if you want to save calories)

80 ml milk (skimmed or semi-skimmed)

1 tsp vanilla essence

Method

1. Line or lightly grease the ceramic slow cooker bowl
2. In a bowl mix together eggs, sugar and butter
3. Add the rest of the ingredients and mix thoroughly
4. Spread the mixture into the prepared slow cooker bowl
5. Cook on low for 2 ½ - 3 hours checking with a skewer to make sure the centre is cooked, remove the lid, turn off the cooker and allow to cool for 20 minutes before you turn out onto a wire rack to cool completely.



POP UP HUBS SHOWCASE SLOW COOKERS



Did you know you can make savings of up to 63p per hour by substituting a slow cooker for a traditional oven?

Here at CAN, we've been running slow cooker sessions at a series of pop-up hubs around the county to show how useful and tasty it can be to cook in this way. It's also been a chance to talk about energy efficiency and making savings in the home.

Our work with people at risk of fuel poverty found they cut back dramatically on using their main oven once they realized the cost shown from using smart meters. We decided to introduce people to using slow-cookers as a more economical way of cooking.

The pop-up hubs sessions were an extension of our Warm Hubs and worked with people on low incomes with high costs. At each session we prepare and cook food together using the slow-cookers and liners and 'quick' one pot recipes.

While waiting for food to cook we talk around tables about energy efficiency, Priority Service Register, warm homes discount, smart meters, etc. as well as a discussion on carbon monoxide awareness.

Each event has been different but tailor-made to suit the venue and those attending. We can then either sit down and eat the food we cooked as a group or we provide plastic tubs for people to take the food home safely. They then take home the cookers and a recipe book along with any leaflets and information on energy-related issues.



Eight sessions have been held so far around the county, and we hope to develop and extend the scheme to be more inclusive and target those people most in need. During the pilot we have supported 150 people, here are some of their stories:

Alison, over 60, and unemployed said:

'My daughter-in-law has suggested I should get a slow cooker, but I've never really thought about it. I didn't realise how much time and money it would save. Now, thanks to this great project I finally have one, and I'll use it all the time.'

Janet, age 50 said:

'My gas bills recently went up from £12 to £30 per month. Anything that will help lower my bills is fantastic. Thank you for my slow cooker and the energy advice – it will make such a difference.'

Kevin, Unemployed said:

'Since receiving my slow cooker I have been eating healthily and use it at least 6 times a week, a great project thank you so much.'

John has learning difficulties and we ran a slow cooker event for his special needs group Zigzag. He said:

'That's the best food I have ever had'.

One member of the Zigzag group was blind but he was able to manage the slow-cooker prep, and cooking process with very little support and safely.

LESBURY VILLAGE HALL – OUR JOURNEY FROM OLD TO NEW



New staging and hall with the ceiling raised and the floors polished.

Jean Humphrys, trustee of Lesbury Village Hall, has written an article for us on their hall refurbishment journey over the past four years.

Do you ever have that feeling that you really should have kept quiet at a meeting? Well, the day I should have stayed silent, was the day when we were turned down for a significant grant because the criteria had changed.

I must admit, I was so disappointed and upset that I let my heart rule my head and vowed that we would raise the money a bit at a time and do the work, no matter how long it took. That was in 2016 and I am delighted to say we have almost finished. Where did those three years go!

In 2017 we refurbished the toilet area; in 2018 we replaced the central heating and removed some of the old 70's style ceiling tiles. These incremental improvements were greatly appreciated by the hall users and gave us the energy to go for the last stage.

In August 2019 we closed the hall and reopened in September 2019 with a fantastic new kitchen, the hall ceiling has been raised, we now have a flexible stage, new stage lighting, a well-organised store cupboard, sanded and polished floors, and the windows are being refurbished as I write.

As we look around and wallow in the positive comments, we are just about able to forget all the trials and tribulations and to enjoy what we have achieved.



The users storage cupboard



As always, the CAN team was enormously supportive and encouraging and helped us to make the last push to raise the funds we needed to finish the work. Our thanks for helping us to make our hall ready for the next decade.

The kitchen includes a wonderful induction hob, a double oven, a warming cupboard and, a gleaming new dishwasher. Perfect for our lunches.

We are now ready to experiment and will try out providing soup and pudding through the winter.

We already have a booking for a bowls' night dinner, a birthday party and Burns' Night and, somewhere in our busy schedule we will find time for an open night to show off the hall and thank our fantastic sponsors.

NEW WARM AND SAFE HOMES ADVICE SERVICE

National Energy Action (NEA) have a new WASH Advice Service which is a free support service providing advice to householders on their energy bills and keeping warm and safe in their home.

It also offers advice workshops direct to householders and training to frontline staff.

What is on offer:

- Face to face/telephone/online support for householders and case workers
- Engagement sessions/workshops/community events
- Training for frontline staff

We can help you with:

- Warm Home Discount and Priority Service Register information
- Support with gas and electricity accounts including fuel debt
- Switching suppliers
- Energy efficiency
- Trust fund applications
- Water rates
- Benefits advice and income maximisation

For more information please visit www.nea.org.uk/advice

YOUR HOME ENERGY CHECKLIST



Action for Warm Homes



Follow these steps to help you manage your energy bills and keep your home warm.

Take a meter reading

Take regular meter readings and submit them to your energy supplier as this will help you keep an eye on your energy use and keep your bills accurate.

If you receive a bill and it has an 'E' marked against the meter reading then this means it is 'estimated' by your supplier. You may not be paying the right amount for your energy. Having several estimated readings can sometimes lead to large unexpected bills.

Meters are read from left to right. Don't include any numbers that are red or in a red box.

Contact your supplier to discuss your energy debt

If you are in debt to your energy supplier and struggling to get on top of it, then speak to your supplier as soon as possible. If they know there is a problem they can work with you to find a solution.

Ask to set up a payment plan and be realistic about what you can afford to repay. You don't want to leave yourself short for other essential bills.

You can also get advice on energy debt from Citizens Advice Consumer Helpline on 03454 040506 or your local Citizens Advice. TextPhone users should use 18001 03454 040506 (call charges may apply).

Maximise your income

Make sure you are claiming the correct benefits. This could increase your income as well as make you eligible for other types of assistance. Take advice from your local Citizens Advice or call the Citizens Advice Consumer Helpline on 03454 040506 (call charges may apply) or visit www.gov.uk/browse/benefits.

Check if you can receive other discounts and payments

Contact your energy supplier to see if you are entitled to a Warm Home Discount. This is best done around

October each year. This is a discount of £140 on electricity bills for the winter period. Those who receive the Guarantee Credit element of Pension Credit should get the discount automatically. Energy suppliers may offer the discount to other low-income and vulnerable households who meet the qualifying criteria.

If you were born on or before a specific date (this date changes each year) you could get between £100 and £300 to help you pay your heating bills. This is known as a 'Winter Fuel Payment'. It is paid automatically between November and December if you have claimed before or are in receipt of some other benefits. Others will need to apply for it. Call the Winter Fuel Payment Centre on 0800 7310160.

In addition, some households could be eligible for a Cold Weather Payment of £25 per qualifying week. This is paid automatically to those on certain benefits when the average temperature in their area is recorded as, or forecast to be, zero degrees Celsius or below for seven consecutive days. You'll get £25 for each seven-day period of very cold weather between 1 November and 31 March.

Register for priority services

You can sign up to a Priority Services Register to receive extra help from your energy supplier as well as from your distribution network operators (the companies that operate and maintain your gas and electricity supplies).

You can receive the services available if you:

- are of pensionable age
- are disabled or chronically sick
- have a long-term medical condition
- have a hearing or visual impairment or additional communication needs
- are in a vulnerable situation including certain mental health conditions, physical injury as well as temporary situations of vulnerability
- have a child under 5 living with you

Each energy supplier and network operator maintains its own register.

A wide range of support is available including:

- information provided in accessible formats
- advance notice of planned power cuts
- identification scheme, password protection and nominee scheme for a family member or carer on behalf of the customer
- priority support in an emergency
- arrangements to ensure that it is safe and practical for the customer to use a prepayment meter
- meter reading services

Contact your gas/electricity supplier and distribution network operator for more information and to register. Details of your distribution network operator can be found on your energy bill.

Check to see if you are getting the best deal for your energy

You could save hundreds of pounds a year on your bills by switching supplier or changing tariffs with your current supplier. Use one of the Ofgem-accredited price comparison sites listed below, which should all display the Ofgem Confidence Code logo. Have a copy of your most recent bill or annual statement to hand as this should tell you how much energy you have used in the past year.

Make sure that the supplier also offers you any discounts you may be entitled to such as the Warm Home Discount, and any special tariffs you need such as Economy 7 or Economy 10.

If you have a smart meter you should still be able to switch but you may lose the 'smart' functions of your meter.

Ofgem accredited price comparison sites include:

moneysupermarket.com 0800 849 7077
simplyswitch.com 0800 011 1395
theenergyshop.com 02359 220 270

ABOUT COSY CAN

About Cosy CAN

Cosy CAN is a newsletter from CAN aimed at sharing some tips on energy efficiency and keeping warm as well as publicising some of the fantastic events going on around the county as part of our Warm Hub scheme.



Warm Hubs is a project of Community Action Northumberland. This newsletter is kindly funded by Northern Gas Networks.

About Warm Hubs

'Warm Hubs' are places within the local community where vulnerable people can be assured of finding a safe, warm and friendly environment in which to enjoy a healthy good value meal, and the company of other people.

Each venue that joins the scheme is asked to undergo an assessment to ensure that the service they offer meets a minimum standard. Reaching this standard entitles them to call themselves a 'Warm Hub' and to use the Warm Hub logo.

Who do I contact to find out more?

We are currently unable to register any new Warm Hubs as we are full to capacity. However, we are keeping a list of interested organisations whilst we look for further funding to extend the project.

If you would like to be added to the list of potential Warm Hubs, or are interested in supporting or funding this initiative, or would just like to be kept informed about Warm Hubs, please contact:

Christine Nicholls, Community Development officer and Organisational Lead on Fuel Poverty and Energy
Email: christinenicholls@ca-north.org.uk



Telephone: 07827 403837

Find out more online: <http://ca-north.org.uk/supporting-individuals/warm-hub-project>



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