



Green Doctor Newsletter



October 2021

Busiest month for our Green Doctor!

This month has seen the highest number of appointments carried out by our Green Doctor and next month looks to be even busier. It's not surprising that the change in weather and temperature is bringing the thought of cold homes to the front of people's minds, but with the drop in people's incomes and the raise in energy costs we are seeing people wanting help to reduce their bills more and more. Now is the time to speak to Mike and get his assistance in keeping your bills down and seeing what assistance there is out there to help with any energy debt. The key thing is to remember that you are not alone in dealing with it all and if you have a question about your energy issues, just ask – Mike won't bite!

Fuel Poverty Awareness and the Green Doctor Service



Mike is currently providing presentations on Eventbrite that inform people what the issue of Fuel poverty is, how it affects people and how the Green Doctor service is helping to combat the issue. There are still slots available should you wish to know more about the hidden issue of fuel poverty. The presentations are on the following dates:

18/11/21 12:00 - <https://www.eventbrite.co.uk/e/fuel-poverty-awareness-green-doctors-tickets-203880440887>
25/11/21 14:00 - <https://www.eventbrite.co.uk/e/fuel-poverty-awareness-green-doctors-tickets-203889798877>

Cold Homes can cost lives

On Average, 12,000 people die each year from health conditions arising or worsening from having a cold home. Between 2019 and 2020 there were estimated 26,500 excess winter deaths, nearly half of these were attributed cold homes. What are excess winter deaths? Well, excess winter deaths are defined by the Office for National Statistics as "the difference between the number of deaths during the four winter months (December to March) and the average number of deaths during the preceding August to November and the following April to July". This is why services like the Green Doctor are trying to raise awareness of the issue and trying to help people stay warm and healthy throughout the winter. There are various reports that say how bad things can be throughout winter but also how money, when invested in the right places can help dramatically. For example, the figures from National Energy Action's Strategy 2021 guide state:

- Hospitalisation for COPD is 4 times more likely in winter months
- Cold homes cost the NHS more than £2billion each year
- Every £ spent on making homes warmer brings £4 of health benefits

This shows that making homes warmer is not only better for the individuals living in the homes, but also for the country as a whole. Let's hope that the COP26 Summit helps to get things going in the right direction and focuses the governments minds on issues like fuel poverty and cold homes as well as helping the environment.

Do you think your community could benefit from Green Doctor advice?

Do you know of anyone who could benefit from the Green Doctor service? Do you have any community events happening near you that could benefit from Green Doctor advice? If so, contact Mike on the details at the end of the newsletter and he'll be happy to discuss how we can help.

Winter Warm Packs are back!

Last year Cadent and Groundwork came together to compile and distribute 2700 winter warmer packs for those most in need. The packs were distributed via local food banks and community hubs across the North West, West Midlands, East of England and North London.

This year, they're doing it again! Each pack contains a range of items to help people keep warm this winter such as socks, gloves, hat, scarf, hot water bottle, blanket and a thermal flask mug. If you know of someone who could benefit from a warm pack or a community hub who could help to distribute them, please get in touch with Mike 07771362853.

Current Service

We are now providing either in home visits or a phone consultation service depending on people's requirements. These are some of the free services we offer when someone signs up for a Green Doctor consultation:-

- Identifying causes of heat loss in the home
- Helping identify and tackle damp or mould problems
- Offering useful tips for saving energy and water whilst ensuring your home stays safe and comfortable
- Installing small energy and water efficiency measures, such as draft excluders
- Supporting you to switch energy providers to save money
- Supporting you to access other support, such as emergency heating, government subsidies or grants, advice on energy or water debt.

If you would like to know more about the service or make a referral, please use one of the following ways:

 07771 362 853 (Mike)

 <https://www.groundwork.org.uk/projects/green-doctor-2/>

 Michael.blackham@groundworknottingham.org.uk

 <https://www.facebook.com/GreenDoctorNottingham>