

WARM SLEEP PROJECT



Local Creative Wellbeing organisation **Generating Opportunity** has launched a project to provide winter duvets to pensioners who are struggling financially to have a cosy night's sleep.

The **Warm Sleep Project** aims to help seniors who may be worried about their heating bills and more likely to live and sleep in cold conditions – with negative impacts on their health and wellbeing.

Project Co-ordinator Linda Grant explains that local voluntary and community organisations, including older carers' groups, will be invited to help identify individuals who would benefit, to ensure

that donations of winter duvets and blankets reach seniors most in need.

'We will aim to provide duvets (13.5 Tog) and also blankets where required, through financial support from local Trusts and Foundations,' says Linda.

'Whilst donations of new duvets and blankets are also very welcome, we would ask that you contact us first, to find a convenient drop-off and pick-up point.'

'Members of the public are also invited to request help for themselves or seniors they know, via the Contact form on our website at www.generatingopportunity.com

'With winter fast approaching and heating bills steadily rising,' adds Linda, 'life can be very bleak for older residents. This is just a small gesture to let them know that their community cares. So please do share this with your friends and networks and thank you in advance to everyone who can help us make winter that bit warmer.'

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