

Worried about fuel bills and
keeping warm?

Here are some tips to help





Move furniture away from radiators



Shut internal doors to trap heat



Put a draught excluder on your letterbox;
cover your keyhole



Draw curtains as it gets dark;
open them wide on sunny days





Switch appliances off at the wall,
don't leave on standby



Learn how to control heating



Dust the coils at the back of your fridge
and freezer



Turn off lights when you leave the room



- Deaf or hard of hearing?
- Have a disability?
- Children under five?
- Blind or partially sighted?
- Chronic illness?
- Over 60?
- Use medical equipment reliant on electricity?
- Temporarily need extra support?

**Contact your energy company to join the
Priority Services Register**



Get help:

- understanding bills
- emergency support
- grants and funding



Call free on 0800 107 0044
or go to www.bhbh.org.uk

Struggling?

- Citizens Advice can help with financial support and emergency fuel vouchers.
- Can't afford your energy bill? Contact your energy supplier. They may be able to spread out payments or even reduce your bills.
- If it's all getting too much, a Samaritan will face it with you, 24 hours a day, 365 days a year. Call free on **116 123**.

Get more advice and information

lowcarbonhub.org/energy-saving-advice

