

### HELP TO HEAT YOUR HOME



**Citizens Advice Mid Suffolk** Free energy advice and support to help you pay your bills, top up your prepayment meter and apply for charitable support. Visit [www.midsuffolkcab.org.uk](http://www.midsuffolkcab.org.uk) or call 01449 676 060

**Local Welfare Assistance** A grant for people struggling with the cost of essentials. Visit [www.suffolk.gov.uk/LWAS](http://www.suffolk.gov.uk/LWAS) for more information and to apply.

**Surviving Winter** Financial support for people over pension age to help with fuel costs. Eligibility criteria apply, visit [www.suffolkcf.org.uk/surviving-winter-appeal](http://www.suffolkcf.org.uk/surviving-winter-appeal) or contact Sudbury Citizens Advice on 01787 321 400.

### BRING DOWN YOUR BILLS

**Warm Homes Suffolk** Free efficiency assessments, advice and grant checks to bring down energy use. Visit [www.warmhomessuffolk.org](http://www.warmhomessuffolk.org) or call 03456 037 686.

**National Energy Action** Free national helpline provides information on how to use less energy, and get on top of your payments. Call 0800 304 7159 or visit [www.nea.org.uk](http://www.nea.org.uk)

**Suffolk Centres for Warmth** In person energy and financial inclusion advice to keep people warm and healthy in their homes. Visit [www.midsuffolk.gov.uk/suffolk-centres-for-warmth](http://www.midsuffolk.gov.uk/suffolk-centres-for-warmth) or call 0333 016 2000.



### OFF GAS HOMES



**Oil Loans Eastern Savings and Loan Credit Union** offer interest-free loans to spread the cost of oil and LPG. Visit [www.eslcu.co.uk](http://www.eslcu.co.uk) or call 03336 000690. Subject to affordability, credit check, and a membership fee.

**Oil Buying Clubs** Reduce the cost of oil by buying in bulk. Visit [www.communityactionsuffolk.org.uk](http://www.communityactionsuffolk.org.uk) or call 01603 881 888.

### DEALING WITH ENERGY DEBT

**Supplier Grants** many energy suppliers have grants to reduce or clear debt if you meet their criteria. Speak to your energy supplier to see what help you can get.

**Citizens Advice** offers advice for energy, debt and more. They can support you to create a budget, negotiate with your supplier and boost your income.

**Boost your income** by checking your benefit entitlement, even a small amount can unlock hundreds of pounds a year. Visit [www.gov.uk/benefits-calculators](http://www.gov.uk/benefits-calculators), or contact Citizens Advice for a free benefit check.



## MORE INFORMATION

Visit [www.midsuffolk.gov.uk/energy-fuel-and-utilities](http://www.midsuffolk.gov.uk/energy-fuel-and-utilities) for more resources to help you keep fuel and utility costs down.

If you would prefer to speak to someone, you can contact our Customer Services team on 0300 123 4 000, option 7 to discuss your situation and find local organisations available to support you.