



WarmHomesEssex

Improving health through practical advice for fuel poor households

Do you restrict your use of power because you are worried about the bills?

Getting into arrears with your energy supplier or being forced to cut back your spending on food or other essentials can be bad for your physical, financial and emotional wellbeing.

Warm Homes Essex is a new service set up by Citizens Advice to provide practical advice and support to people who are finding it hard to heat their homes.

Our experienced, professional advisers can help in a number of different ways:

- Making sure you are receiving all the benefits you are entitled to
- Helping you with fuel debt if you have already fallen to arrears (in some cases we can apply to trusts and foundations to help pay these off – giving you a fresh start)
- Energy saving around the home
- Switching suppliers – working out which energy tariff is the best one for you
- Helping you to join an oil club
- Access to grants for energy saving improvements – we can help you find the best scheme and help you apply
- Access to emergency fuel payments

For more information speak to Kaleigh, our specialist energy adviser, on 01799 618858 or email warmhomes@uttlesfordcab.cabnet.org.uk