

ACT ON ENERGY



Act on Energy is a charity formed to help people in fuel poverty – giving advice and support. They have helped thousands of people with their energy needs and offer a telephone service.

In the last couple of years in particular, their help has been needed more than ever, as the energy and cost of living crisis has taken hold.

Currently Act on Energy is hosting a series of events called 'Winter is Coming'.

It's a great opportunity to share anxieties and learn some strategies for dealing with the problems a harsh winter can bring about.

Visit <https://www.actonenergy.org.uk/> if you would like to find out more.