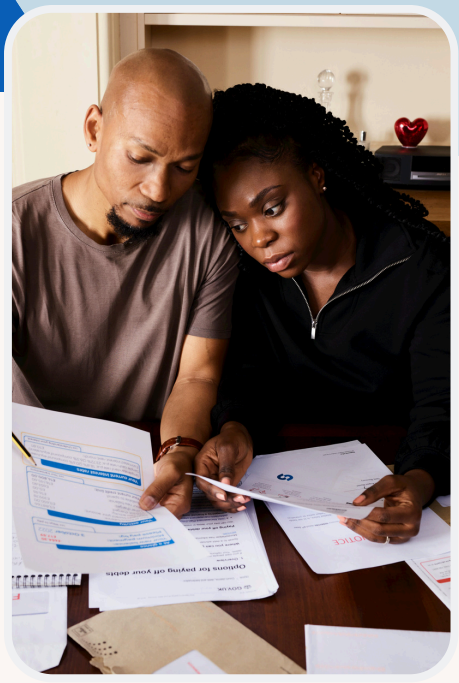


PPG

(Patient Participation Group)



Help with Energy Bills

Everyone is worried about the costs of energy, “Heat or eat” is a phrase we hear too often.

Patient Voice looked around to see if anyone could help and we got in touch with Act on Energy. They are a charity, their advice is free and impartial, and they can discuss what’s happening, available options and what they can do to help.

There’s a list below of what they cover. Perhaps one benefit not on the list is just getting to talk through our worries with someone experienced. It can be such a relief to spell out the situation, especially to someone you don’t know who has heard much of it before.

The Energy Advisors can provide advice and guidance on areas including:

- Help with reducing energy bills and energy usage.
- Support for households experiencing fuel poverty or struggling to afford their energy costs.
- Advice on energy efficiency measures, heating systems, and insulation.
- Guidance on energy suppliers, billing issues, and available support.
- Advice and support for people who may be vulnerable or have health conditions affected by living in a cold home.
- Information about grants and funding schemes that may be available, depending on a household's circumstances and location.
- Information about the Priority Services Register and other support that may be available from energy companies.

Act on Energy was very pleased to hear from us and asked us to say that they would be very happy to support patients from Bridge House.

Patients can find more information by visiting **www.actonenergy.org.uk**

Alternatively, they can contact their free advice line on **0800 988 2881** and speak to a member of their team.