

BIG

ENERGY WEEK

**Worried about rising gas and electricity bills?
Help is available.**

- ➔ Check with your local Citizens Advice Bureau that you are not missing out on any benefits or tax credits that could boost your income or discounts that could cut your bills
- ➔ Contact your energy supplier to check you are on the cheapest possible tariff and payment method
- ➔ Use less energy. Switch off lights and unplug phone and laptop chargers when you aren't using them
- ➔ Keep in the heat by insulating the walls and the loft of your home – most suppliers are giving away free or discounted insulation, so ask if you're eligible
- ➔ Visit an accredited switching website to see if you could get your energy cheaper elsewhere

For more information visit
www.bigenergyweek.org.uk

**citizens
advice
bureau**