



Lewes District Citizens Advice

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Stay Warm to keep well this Winter, says Citizens Advice

As temperatures drop, the cold poses real risks to some members of our community.

When it falls below 8C, some people are at an increased risk of serious health issues such as heart attack, stroke, flu, hypothermia and falls. Cold weather can also adversely affect mental health conditions, such as depression and dementia.

At the same time many people worry about running up big heating bills and feel they cannot afford to heat their homes to a comfortable level.

There is some help to hand if you're are worried about yourself, a friend or relative:

Cutting your bills – you may be able to find a cheaper tariff with your current supplier or by changing supplier and you could be eligible for a Warm Home Discount of £140.

Support for vulnerable individuals – suppliers operate a Priority Services Register. Benefits include a bill nominee scheme, priority support during power cut and improved meter access.

Energy efficiency improvements in your home – you may be eligible for a free Warm Home Check home visit or a grant from the Council or charitable trust.

Help if you're behind with bills – advice is available on dealing with arrears and there may be trust funds which can help.

Hints and Tips on staying Warm – can be found at <https://warmeastsussex.org.uk/>

Contact your local Citizens Advice to get further information and advice: ring 03444 111 44, text WARM to 81400 or drop in – see our opening times at www.lewesdistrictcab.org.uk.

ENDS

Notes to editors:

1. The Citizens Advice service comprises a network of local bureaux, all of which are independent charities and the national charity Citizens Advice. Together we help people resolve their money, debt, legal and other problems by providing information and advice and by influencing policy makers. For more information please visit our website www.lewesdistrictcab.org.uk. We are also on Twitter @lewescab1.
2. The advice provided by the Citizens Advice service is free, independent, confidential and impartial and is available to everyone regardless of race, gender, disability, sexual orientation, religion, age or nationality.
3. The majority of our staff are trained volunteers, working at around 3,500 offices across England & Wales.