



**What benefits and discounts are available to help cover my energy costs?**

**TACKLING FUEL  
POVERTY TOGETHER**



**0800 145 6879**

# Living in a cold or damp home can have a severe impact on your health.

For people with COPD, asthma, or other respiratory conditions, living in a cold home can lead to worsening symptoms and additional health problems.

If you're struggling to heat your home this winter, you can get help from our energy advice team based at a Citizens Advice office or other local venue.

## We can support you with:

- accessing grants and vouchers to help with the cost of energy
- benefit checks to help maximize your income
- learning on how best to heat your home
- understanding your energy bills
- negotiating with energy suppliers on your behalf
- improving energy efficiency in the home



[citizensadvice1066.co.uk/contactus](https://citizensadvice1066.co.uk/contactus) 

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