

Winter Resilience Training

Winter resilience training is designed to help frontline workers prepare to help households cope with high energy bills and cold weather this winter.

Who is it for?

Anyone working or volunteering in a role where they interact with households, especially those who are vulnerable. For example, health workers, emergency services, council officers, community organisations.

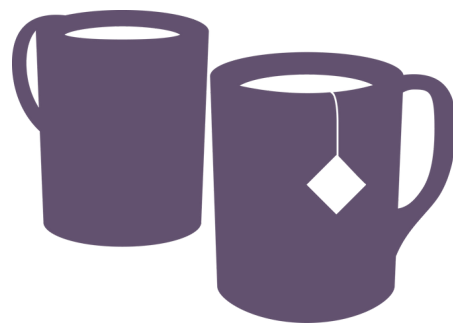
What will it cover?

How to make best use of the heating you have, the risks of portable heaters and open fires, how to keep yourself warm if your home is cold, awareness of fuel poverty, health risks of cold homes, and what help is available to people this winter.

We will also be highlighting the financial aspects of fuel poverty: how to maximise income through claiming benefits and sources of charitable, local authority and utility company support, dealing with debts, signposting to organisations who can help support applications and digital access to information.

Who is the training delivered by?

Citizens Advice 1066 Energy Advice Team alongside the **East Sussex County Council Fuel Poverty Coordinator**



keep warm and well
in East Sussex

To register:



To register for one of the **free** online zoom sessions visit **citizensadvice1066.co.uk/training** or scan the QR code.