

ARE YOU FINDING IT DIFFICULT TO KEEP YOUR HOME WARM?

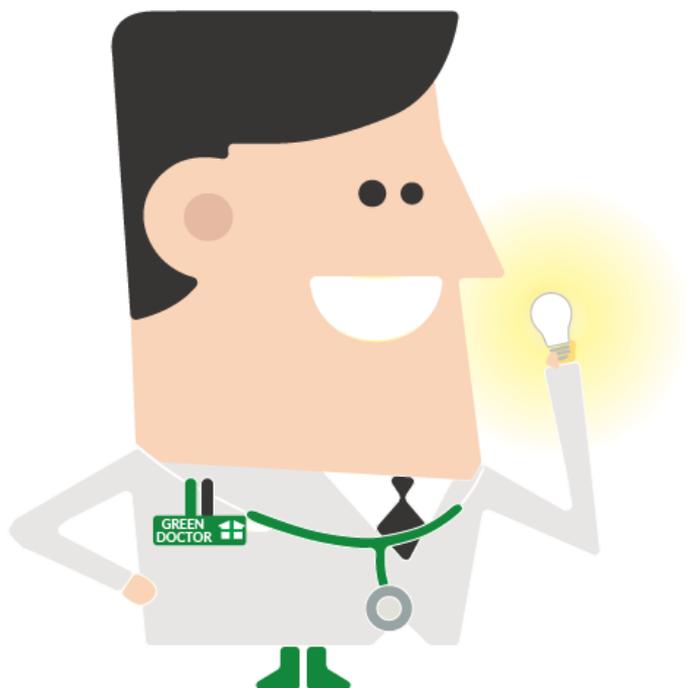


> Take control of your energy bills.

Groundwork is a charity working locally and nationally to transform lives in the UK's most disadvantaged communities.

Our Green Doctors are experts who give homes a 'check-up'. We offer energy saving advice and give you other things to help keep your home warmer.

We can also help you to get the lowest price for your electricity and gas, and if you have a debt with an energy company, we may even be able to help you pay these off.



If you meet one of these criteria you could be eligible for a visit:

- You are on a low income
- Living with debt
- Have physical health issues
- Have mental health issues
- Have dementia
- Have a disability
- Living in emergency accommodation
- Living in poor housing conditions
- In receipt of benefits

Get in touch

Visits are **completely free**. All you need to do is contact us to book a time slot.

01782 829909

wmGreenDoctor@groundwork.org.uk

www.groundwork.org.uk

Small Changes, BIG IMPACTS



The following tips are easy to do, are completely free and you can do right now, but can easily add up to big savings on your energy bills:

-  Make best use of your heating programmer rather than switching your heating on and off manually
-  Set your heating thermostat between 18-21 C for best comfort and savings
-  Close internal doors to keep the heat where you want it. Warm air will always move to the coldest part of the house.
-  Only fill the kettle with as much water as is needed
-  Wash clothes at 30 C and wait for a full load before switching the washing machine on.
-  Turn off lights when not needed and switch appliances off of standby mode

Do you qualify for a rebate on your electricity bill?

The **Warm Home Discount scheme** is run by the government and energy suppliers and is designed to help lower income and vulnerable households pay for their energy costs over winter.

This winter rebate is worth **£140**. To check if you are eligible, contact your energy supplier as criteria can vary. However, if you receive pension credit or have a low household income, it's likely that you are eligible.

Our expert **Green Doctors** will help you:

-  Get the lowest price for your energy bills
-  Heat your home more effectively and reduce heat loss
-  Eliminate sources of damp and mould in your home

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