

KEEP CALM

By Keeping Warm This Winter

Keep warm this winter with the help of Specialist
Advisors at
Stirling Citizens Advice Bureau Ltd

The consequences of fuel poverty are **misery, discomfort, ill health and debt**. The **Energy Team in Stirling Citizens Advice Bureau** can help you escape fuel poverty.

COVID19 has had such an impact on people facing financial difficulties and with people spending more time in their homes, this is resulting in **higher energy bills and it's becoming a struggle to pay these bills**. We want to make people aware that there is help available.

Energy Advice Service

The Energy Advice Service at Stirling CAB is a new and innovative approach to helping vulnerable Energy consumers in the Stirling Council Area. Project coordinator and lead advice officer Azra Tabassum is directly reaching out to people who need help. The service provides varying levels of holistic advice including advocacy, debt advice, energy efficiency measures and assistance with grants. **As the colder months approach Stirling's vulnerable are encouraged to contact Azra Tabassum to discuss the best way she can help to reduce fuel debt and keep homes warm on 07498988993.**



50%

Of People went without electricity/gas in the last 6 months because they had been unable to afford it in 2016.

Top Tips

to help you save money on your energy bills



Turning your appliances off at the plug could **save you £35**



By using a bowl for washing up you could **save up to £25 a year**



You could **save £60** by turning your thermostat down by 1 degree



If you spent just 1 minute less in your daily shower you could **save £8**



By turning off lights when you leave a room you could **save £15 each year**



www.stirlingcab.org.uk



Sessionsupervisor@stirlingcab.casonline.org.uk



01786 470239

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These services are here to help you!

Tackling Rural Isolation Support Service

If you're living in rural north and west Stirling District, and may be experiencing difficulties as a result of certain barriers in your lives, the Stirling District CAB could help. Through our Tackling Rural Isolation Support Service, we are available to offer advice and support to those who are struggling to engage with their communities due to issues with their benefits, money, fuel, food supply, or any other matters affecting their day to day lives. **If you feel you (or know of someone who) could use some advice or support, feel free to contact Chris Kinnaird on 07498925157.**

SSEN Vulnerable Persons Fuel Poverty Outreach Worker

The Vulnerable Persons Fuel Poverty Outreach Worker, funded by the Scottish Southern Energy Network, will work with Stirling CAB to identify and support families and elderly people suffering fuel poverty within the SSEN supply area of Stirling District. The aim is to ensure that vulnerable clients are supported to access the Priority Service Register and to help empower individuals to manage their fuel usage and escape fuel poverty altogether. The outreach worker will help householders to maximise their income, provide advice on their energy bills as well as assist clients to understand the potential for energy saving improvements. **If you feel that you would benefit from this support please contact Laura Hutchison on 07498925159.**

Energy Best Deal Project

The Energy Best Deal Worker, looks for ways to help save money when it comes to energy bills. COVID19 has inevitably caused an increase in energy consumption with people staying at home a lot more, resulting in an increase in energy bills and it becoming a struggle to pay these. We want to make people aware that there is help available. Additionally, coming into colder months and in a time of uncertainty, **if you know of anyone who could benefit from having a discussion around their energy bills and ways to save money then contact Kayleigh Sands on 07498925151.**



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