

costofliving.dumgal.gov.uk

KEEPING WARM THIS WINTER

Winter can be a tough time. You may be worried both about your fuel bills, and how to stay warm.

Help and advice are available from organisations in this leaflet, so you can afford to heat your home.



Help with benefits, debts, fuel bills, fuel vouchers/key cards. For appointment: Call 0300 303 4321, email info@dagcas.org, or go to dagcas.org



Benefits help for those 60+. For appointment, call 0303 333 3008, email fiwsreferrals@dumgal.gov.uk or go to dumgal.gov.uk/benefits



Energy saving advice, grants, funding, and benefits checks. For impartial advice: call free on 0808 808 2282 or go to homeenergyscotland.org



Help with accessing social security payments. For an appointment or to find out more: Call free on 0800 182 2222 or apply online at mygov.scot/benefits



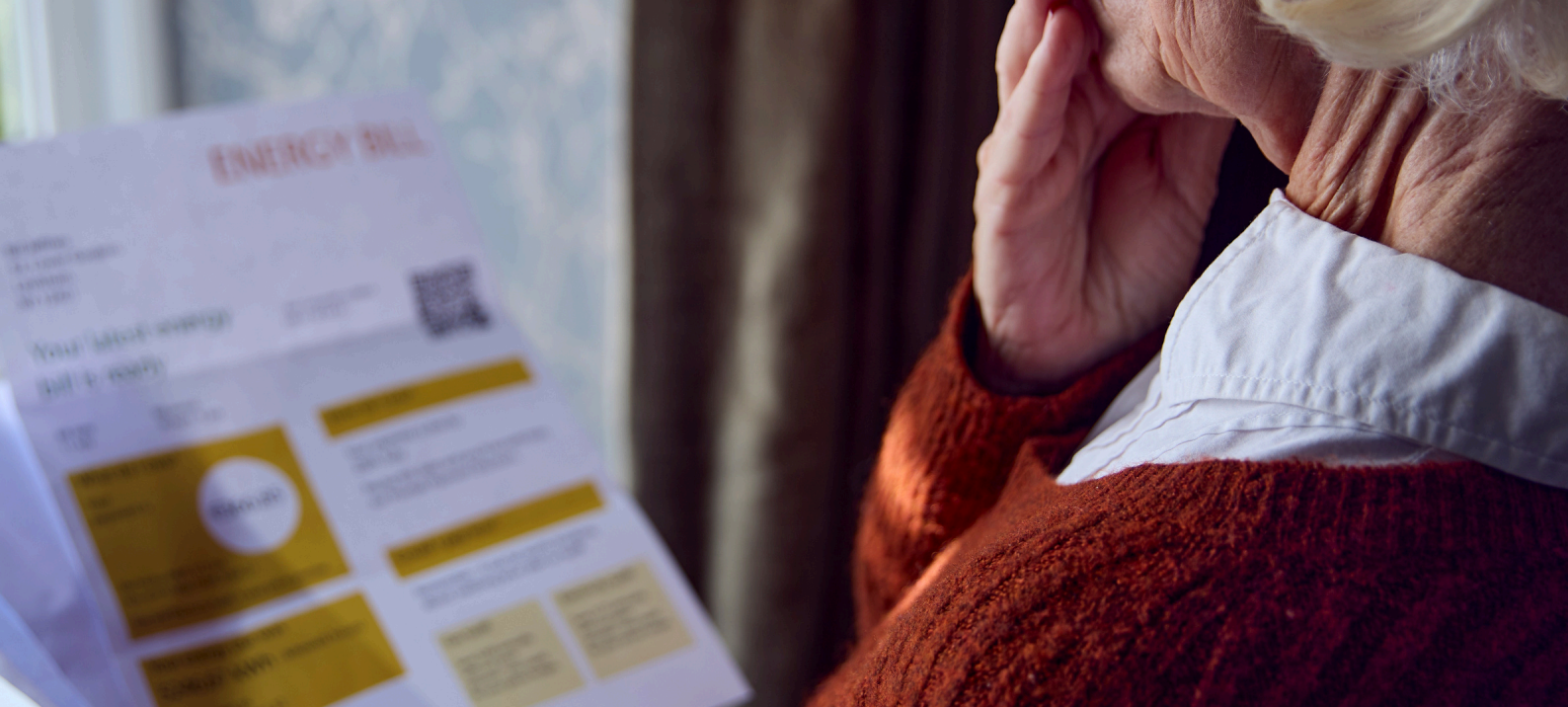
LEMON AID
Fuel project

Support on fuel-related issues such as bills, debt, Warm Home Discount applications, support to get back on supply, and grants. Emergency Top Up Vouchers also available. Call free on 0800 049 6528 or email dumfries@chaltd.org



Warmer Homes for Winter Project

Free coal, peat, logs, briquettes and kindling for people receiving Pension Credit. Referrals through application form available by emailing info@dghandyvan.org.uk or by phoning 0800 069 9173.



Help for older and vulnerable people in receipt of at least one form of benefit payment to help cover the costs of home energy payments. More at: www.dumgal.gov.uk/article/25655/Emergency-Energy-Payment-Assistance-Programme

Save energy and cut your bills straight away



You can do some simple things right now to help you keep the lights on, stay warm, and cut your bills:

- If you can, switch off or put on standby your TV and other appliances.
- Turn off the lights when you leave a room.
- Don't overfill your kettle.
- Use the washing machine at a lower temperature.
- Swap one bath a week for a shower, and limit your shower to four minutes.

Get more tips at homeenergyscotland.org



Tips for keeping warm

- Heat rooms that you use regularly to at least 18°C, particularly if you have a health condition.
- Keep the heat in your home by closing windows and curtains at night.
- Layer up - several thinner layers of clothing is better than one thick layer.
- Keep active at home - try and move around.
- Eat at least one hot meal a day.
- Have regular hot drinks.
- Check the weather forecast before you go out, go to metoffice.gov.uk
- When you do go out, wrap up well, and wear shoes with a good grip, particularly if snowy or icy.
- Check out local warm spaces, to enjoy a chat, a cup of tea, sometimes a bite to eat, and some activities.
- Check out the DGLocator website to find warm spaces and more that might help - dglocator.org.uk

