

Does the thought of your next heating bill leave you cold?

With the recent announcements from the main energy providers of large increases in the price of energy, the cost of keep warm is rising. It is becoming harder for residents to keep their homes heated to the recommended temperatures of 21°C (70°F) in the living room and 18°C (65°F) in other occupied rooms. To help combat this, a free phone helpline has been set up to advise residents in Oxfordshire how to cut their energy bills.

The service is offered by the United Sustainable Energy Agency in partnership with Oxfordshire County Council, the five Oxfordshire District Councils and Oxfordshire Primary Care Trust.

If you are finding your energy bills unmanageable, you are not alone. Currently over 5 million people in the UK cannot afford to pay for the heat they need. Any resident in Oxfordshire who is struggling with their energy bills can call **0800 107 00 44** for free, impartial advice on:

- Cavity wall and loft insulation including the grants available
- Grants and loans to help with heating system replacements
- Government and energy company payments
- How to switch energy suppliers to get the best deal
- Advice on fuel debt
- How to be more energy efficient in the home

Some of these improvements can take a few months to install; don't wait until it gets cold to phone.

The helpline is available Monday to Friday 9am to 5pm.

End