

KEEP CALM

By Keeping Warm This Summer

Energy Bills are Rising, and Support is Available at Stirling Citizens Advice Bureau

The energy price cap increased significantly for households across the country in April, and in the same month advice sought by Citizens Advice Scotland on energy was up 62% compared to the same period last year.

Ofgem the energy regulator has advised that it is on course to raise the price cap on household energy bills to about £2,800 in October.

The increase in the cap would push up the average annual bill by more than £800, after the regulator Ofgem increased it by £693 in April to £1,971.

Any customer in vulnerable circumstances or worried about paying their energy bill should contact their supplier to access the support available.

You can also contact your local Citizens Advice Bureau for tailored energy advice.

Customers may be eligible for extra help such as affordable debt repayment plans or payment breaks, emergency credit for prepayment meters and a £140 bill rebate under the Warm Home Discount.

Stirling Citizens Advice Bureau's Energy Advisers are working hard to support people by providing tailored energy advice to meet the needs of the residents living in Stirling. Support includes checking your energy rights, offer extra help if have difficulties with your energy supply or want to complain, advice to save money and get greener with your energy usage with our tips on switching, government grants, benefits and energy efficiency schemes.

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**



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Cost of Living Payments

Millions of households across the UK are struggling to make their incomes stretch to cover the rising cost of living. The Government have introduced financial support during this time.

£650 one-off Cost of Living Payment for those on means tested benefits:

More than 8 million households on means tested benefits will receive a payment of £650 this year, made in two instalments. This includes all households receiving the following benefits:

- Universal Credit
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- Income Support
- Working Tax Credit
- Child Tax Credit
- Pension Credit

DWP will make the payment in two lump sums – the first from July, the second in the autumn. Payments from HMRC for those on tax credits only will follow shortly after each to avoid duplicate payments.

Energy Bills Support Scheme doubled to a one-off £400:

Households will get £400 of support with their energy bills through an expansion of the Energy Bills Support Scheme.

Energy suppliers will deliver this support to households with a domestic electricity meter over six months from October. Direct debit and credit customers will have the money credited to their account, while customers with pre-payment meters will have the money applied to their meter or paid via a voucher.

You can find more information on the Government website about the cost of living payments and eligibility- [Cost of Living Payment - GOV.UK \(www.gov.uk\)](https://www.gov.uk/cost-of-living-payment)

Energy Advice Service – providing holistic energy advice, assisting with debt issues, advocacy and emergency fuel assistance:
Contact Gary Egan on **07498 988993** or gary.egan@stirlingcab.casonline.org.uk

Tackling Rural Isolation Support Service – provides advice and support to individuals in rural North and West Stirling District. Those struggling with benefits, to engage with their communities or with food and fuel issues. Contact Chris Kinnaird on **07498 925157** or chris.kinnaird@stirlingcab.casonline.org.uk

SSEN Vulnerable Persons Fuel Poverty Outreach Worker – works to identify and support families and people of pensionable age who are suffering from fuel poverty with the aim to maximise their incomes. Contact: Laura Hutchison on **07498 925159** or laura.hutchison@stirlingcab.casonline.org.uk

