

KEEP CALM

By Keeping Fuel Bills lower this Summer

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

Over 380,000 people in Scotland cite their home being hard to heat as a reason for finding their energy bills unaffordable, new analysis from Citizens Advice Scotland (CAS) reveals.

From the 1st April 2022 there has been a record increase in global gas prices that sees the energy price cap rise of 54%. Those on default tariffs paying by direct debit will see an increase of £693 from £1,277 to £1,971 per year (difference due to rounding). Prepayment customers will see an increase of £708 from £1,309 to £2,017. Ofgem, the energy regulator, knows this rise will be extremely worrying for many people.

Stirling CAB are working hard to give people the advice they need to cut their energy costs and get a good deal. Stirling CAB also offer specialised energy advice to target people in energy crisis and support them with long term energy issues such as energy debt, high energy bills and issues with inefficient heating system within homes.

The Summer Energy Campaign Snapshot from 1st April 2022:

14 Applications made to grants to reduce and clear fuel debt;

£5131.25 awarded from the Home Heating Fund clearing/ reducing fuel debt;

£23,750.96 Client financial awards gained through working with the TRI Project;

£21,364.71 Client financial awards gained through the SSEN Energy Advice Project;

£8,923.67 Client financial awards gained through the Energy Advice Service.

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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Help in Action – Outreach

Stirling District Citizens Advice Bureau Ltd, in conjunction with Stirling Council Archives and Library Service, will now be offering **drop-in sessions** across **six rural libraries** to meet the growing demand in our communities.

In addition to the already well-established service that was held in **Callander library** (pre lockdown), further drop-in sessions are scheduled to occur in **Killin, Balfron, Strathblane, Fillin and Cowie libraries**. The outreach service is a fortnightly service across all libraries starting from the week commencing the 25th April 22.

The details for the days and times of the fortnightly drop-in sessions are as follows;
Monday – **Cowie Library (10am-1pm) & Fallin Library (2pm-4pm)**

Tuesday – **Killin Library (1pm-3pm)**

Wednesday – **Callander Library (10am-4pm)**

Thursday – **Balfron Library (9:30am-12:30pm) & Strathblane Library (1pm-3pm)**

Energy Advice Worker Gary Egan also provides an outreach service **Every Tuesday at St Marks Church Foodbank**.

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

