



Grants and funds to help

There are a number of grants available that can help if you're specifically worried about energy debt or heating your home – Citizens Advice has lots of information about help that's available where you live:

England:
citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills

Scotland:
citizensadvice.org.uk/scotland/consumer/energy/energy-supply/get-help-paying-your-bills

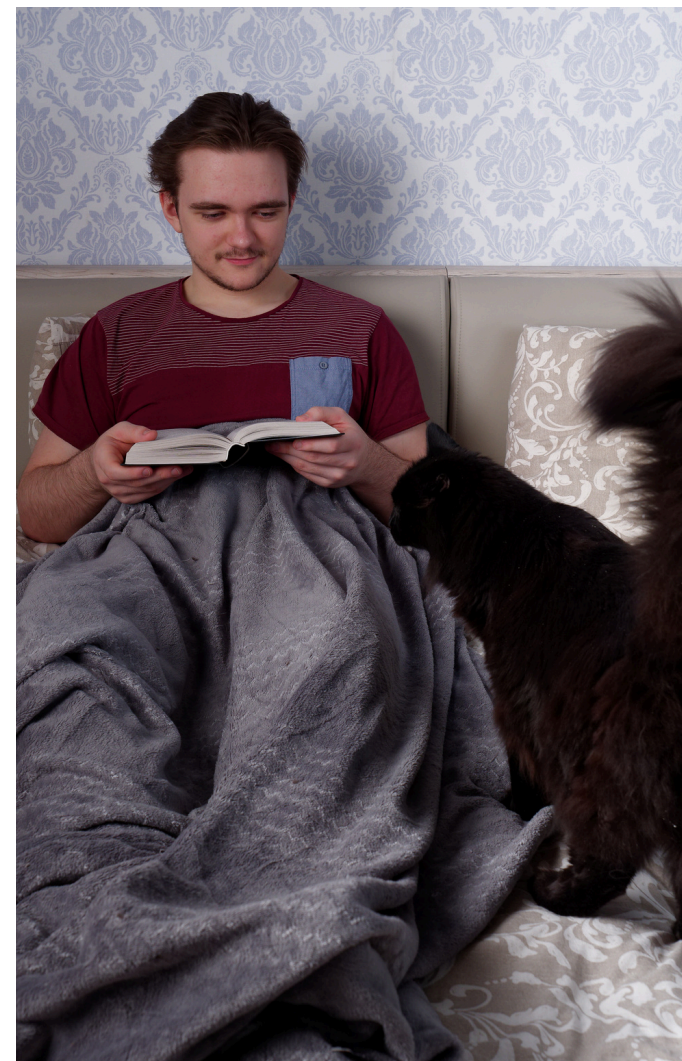
We are here

Carer Money Matters services are available in 23 areas across England, Scotland and Wales.

Reach out

Please get the help you need to help the people you care for.

Help with energy bills



**CARERS
TRUST**

If you're struggling to pay your energy bills, there is support available. And our Carer Money Matters service can help you to access it.

You could be entitled to a fuel voucher if you can't afford to top up your prepayment meter, and there may be support to help you buy fuel if you don't use gas or electricity to heat your home. .

Talk to your energy supplier

The first step really is to speak to your energy provider. Your Carer Money Matters advisor can help you to do this, and your energy provider can advise on what they can offer. We can also help you sign up to the Priority Services Register (PSR).

You sign up to the PSR through your energy supplier, and it helps energy companies to support customers who need extra help. Whether that's with bills and payments, or if there's an interruption in supply.

Using less energy

If you are finding it difficult to make ends meet, whether for yourself or the people you care for, there are some ways you can reduce the amount of energy you use to help reduce your bills too.

The Energy Saving Trust has some great tips on changes you can make at home, and you can speak to your Carer Money Matters advisor for help too.

energysavingtrust.org.uk/hub/quick-tips-to-save-energy



Carers Trust has some information on heating costs: **carers.org/housing-heating-costs**