



Find out if you could get additional benefits

They can also help you make sure you, and the people you care for, are safe when it comes to energy at home. Things like making sure your thermostat is set to the right temperature, between 18 and 21 degrees.

Or giving you information on preventing carbon monoxide poisoning and making sure your carbon monoxide alarms are in good working order. You can also get advice on how to get an alarm if you don't already have one.

Groundwork has some good online information about heating and staying safe:

groundwork.org.uk/green-resources

We are here

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

Reach out

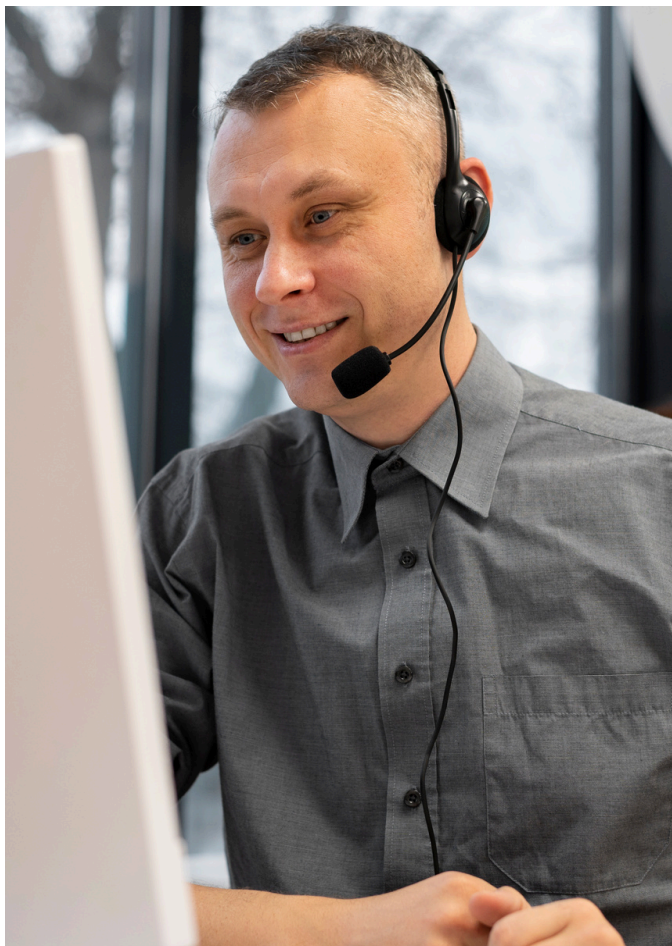
Please get the help you need to help the people you care for.

Saving energy and staying safe



**CARERS
TRUST**

Your Carer Money Matters advisor can offer you hints and tips for how to reduce your bills, maximise your income and help you get the financial support you're entitled to.



What else can you do?

You can turn your boiler flow temperature down to help save money.

If you have a hot water cylinder, don't turn it lower than 65 degrees, to make sure you're not at risk of legionella bacteria developing. Combi boilers don't have this risk. If you're not sure, you can talk to us about what's right for your home.

And do bear in mind that, if you choose to turn your boiler flow temperature down, your home may take longer to get warm, or it might not feel as warm.

Staying safe with gas

If you're caring for someone with a gas oven, we can also give you advice on getting a locking cooker valve fitted from your energy provider. This will limit who can turn the gas supply to the cooker on. And they're free, too!

