

Financial help you may be entitled to:

Warm Homes Discount

You could get £140 off your electricity bill with the Warm Home Discount. Ask your energy supplier to see if you're eligible.

Cold Weather Payment

If you receive certain benefits, and the average temperature in your area is zero degrees Celsius or below for seven consecutive days, you could get £25 for each seven-day period. Check eligibility at [gov.uk/cold-weather-payment/eligibility](https://www.gov.uk/cold-weather-payment/eligibility) or at your pension centre or Jobcentre Plus.

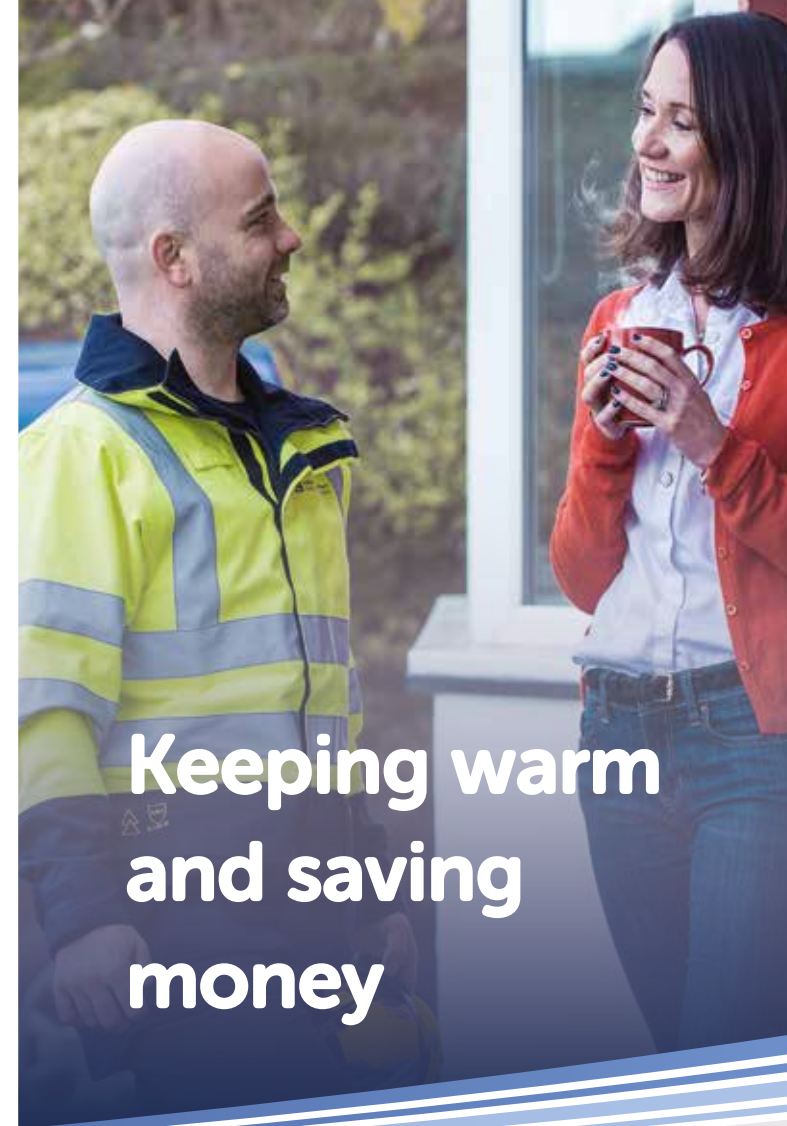
Winter Fuel Payment

If you're over 65 you could get between £100 and £300. For details call the Winter Fuel Payment Centre on 0800 731 0160 or visit [gov.uk/winter-fuel-payment](https://www.gov.uk/winter-fuel-payment).

We can arrange free expert advice for you on:

- Saving energy and reducing bills
- Switching energy suppliers
- Funding or grants to pay for insulation or energy saving measures
- Financial help that's available
- Making the most of your heating, hot water, appliances, lighting and thermostats in your home
- Keeping warm without spending more
- Benefit entitlement checks

Call us free on 0800 294 3259 or email networks.priority.services@sse.com and we'll arrange the right help for you totally free of charge.



Keeping warm
and saving
money

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Little changes can make a big difference to how warm your home is and how much you pay for your energy

Switch off standby

You can save around £30* a year by turning your appliances off standby.

Keep warm and save money

- Turn radiators off in unused rooms and close internal doors to keep the heat in the rooms you do use
- Move furniture away from radiators allowing heat to circulate
- Draught proofing is cheap, easy and effective and **saves about £20* a year**
- Use energy saving light bulbs, they last far longer too and will **save about £35* a year**
- Turn off your lights when you leave a room to **save around £15* a year**
- Close curtains at dusk to keep heat in and draughts out

Save water and money

- Showers use less water, and less energy to heat the water, than baths
- One minute less in a daily shower saves **£7* per person over a year**
- Fit a water efficient shower head to save up to **£45* a year**

Careful in the kitchen

Around **£36*** every year can be saved with these tips in the kitchen:

- Wash up using a bowl rather than a running tap **saves £25* a year**
- Only fill the kettle with the amount you need **saves around £6* a year**
- Cutback on washing machine and tumble drier use by waiting for a full load or drying naturally
- Put pans on the right size ring and use lids. This can save you energy and cook food quicker

Priority Services Register

Do you, or someone you know, need extra help if there's a power cut?

Join our free Priority Services Register today

 0800 294 3259

 0800 316 5457
text phone

 [ssen.co.uk/psr](https://www.ssen.co.uk/psr)



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* Energy saving statistics are from the Energy Saving Trust and all figures are correct at the time of printing