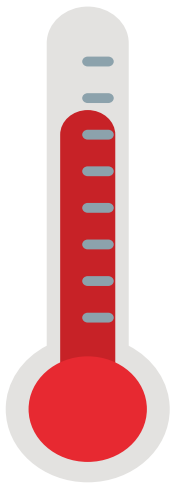




The key focus is offering guidance and support to navigate help available to Hart residents with energy bills and cost-of-living challenges through the "Here for Hart" bulletin. You can also check out our Cost-of-Living Support HUB on the Hart District Council website.

[Hart District Council | Cost-Living-Support-Hub](#)



Cold Homes and Health

18°C - 21°C = **Comfortable**

15°C - 18°C = Some discomfort but no serious health risks

12°C - 15°C = Discomfort and risk of respiratory disease, bronchitis etc

9°C - 12°C = Risk of heart problems and strokes, etc

Below 9°C = **Risk of hypothermia**



Home upgrade grants for residents:

There are a few grants available currently to help residents make their homes warmer.

We have created a webpage: [Hart.gov.uk | home-grants](https://www.hart.gov.uk/home-grants)

Grants available to support help with home upgrades:

- Home Upgrade Grant Phase 2
- Boiler Upgrade Scheme
- Great British Insulation Scheme
- Minor Works Grant
- Solar Together in Hart
- Energy Company Obligation Scheme

Community Foodbanks / Pantries and Hubs



Hart Foodbank helps people that are in crisis within the boundaries of Hart. These foodbanks are situated in: Darby Green, Fleet, Odiham and Hook.

Collection of food parcels is strongly encouraged as they only deliver in exceptional circumstances. As well as food parcels, Hart Foodbank can also supply hygiene products and cleaning items for the home.

If you would like to **donate** food, hygiene items, nappies or cleaning products, then please visit the Hart Foodbank website: hart.foodbank.org.uk for all the places you can take your donations to. Food donations and household items can be made at supermarkets in **FLEET**: Waitrose, Morrison's Elvetham Heath, Sainsbury's High Street, Sainsbury's Church Crookham and Co-op Church Crookham. **ODIHAM**: Co-op High Street. **HARTLEY WINTNEY**: St John's Church.

Please note that people cannot directly self-refer to the Hart Foodbank. Ideally, they will have been referred to Hart Foodbank by an agency such as a Housing Association, Citizens Advice, Job Centre Plus, local schools, GP Surgeries, or social prescribers etc.

Hart Foodbank also run a Kids Clothing Bank. Contact Emma at: emma@mabin.co.uk to talk about your need for children's clothes, or to donate clothes, for 4- to 14-year-olds.

Hart Fleet Foodbank is located at Fleet Baptist Church, 115 Clarence Road, Fleet, GU51 3RS. **Monday** between 1.30pm – 3pm and **Thursday** between 11am – 12.30pm. Tel: 07926 806256 or email: projectsmanager@hartgoodbank.org.uk

Derby Green Foodbank is located at St Barnabas Church, Brinns Lane, GU17 0BT. **Monday** between 1.30pm – 3pm and **Thursday** between 1.30pm – 3pm

Hook Foodbank is located at Life Church Hook, Elms Road, Hook, RG27 9DX. Tel: 07849 198179 or email: office@lifechurchhook.org **Monday** between 11.30am – 1pm and **Thursday** between 10.30am – 12pm

Odiham Foodbank is located at the Church Office, Oslers Place, Deer Park View, Odiham, RG29 1JY. Tel: 07387 116947 or email: odihamfoodbank@gmail.com **Thursday** between 1.30pm - 3pm

For more information visit [FareShare Larder | Here for Hart Directory](#) and for a membership form please email: FSSouthernCentral@fareshare.org.uk

Hart Foodbank now have a new team of Community Connectors who are meeting with Foodbank clients, to offer advice about other organisations that may be able to help with specific issues like benefits, debt, health issues and many more.

Contact: projectsmanager@hartgoodbank.org.uk if you have any questions regarding Hart Foodbank. Please note that you cannot request a food parcel for yourself via this email address.

The Hygiene Bank:

Community Partners can refer eligible clients to the Hygiene Bank. They will support and signpost to other partner organisations that can help [The Hygiene Bank | Get-products](#)

Fleet Community Pantry:

Fleet Community Pantry is located at Fleet Baptist Church car park, 115 Clarence Road, Fleet, GU51 3RS. **Contact:** Kate.wakley@hartfoodbank.org.uk

Opening Times: **Monday** between 12.30pm – 3pm and **Thursday** between 11am – 12.30pm

No referral is required, just a membership form to be filled in on your first visit.

£5 membership fee is paid each time you visit, but you are guaranteed to receive at least £15 - £20 worth of goods in return. Fleet Community Pantry is part of the Hart Foodbanks network.

Other local food provisions in neighbouring districts are:

Darby Green Mobile Community Larder: This is a community larder based on a membership scheme where you pay a maximum of £5/week to get food of significantly more value.

Located at: St Barnabas Church, Brinns Lane, Darby Green, GU17 0BT Every Thursday:
Between 1pm – 2.30pm

Hook Mobile Community Larder: A small fee is payable depending on the size of your family (ID is required). **Address:** Life Church Hook, Elms Road, Hook, RG27 9DX. For more information call 0784 919 8179. It is open on **Thursday** mornings between 10am - 11am.

Community Pantry at [Yateley Industries](#) provides support to members. People can register and pay £5 per shop to receive at least £15 worth of fresh, frozen, and general foods.

Tel: 01252 872337 or Email: alexs@yateleyindustries.net

The Hart Community Pantry's focus is people on low income or benefits.

[Yateley Industries Community Pantry](#)



Fleet Phoenix: The Fleet Phoenix food store offers food & hygiene parcels to those families most in need. If you need help or would like to make a professional referral, please email: info@fleetphoenix.co.uk or call: 01252 812308 for more information. They also supply school uniform to families in need
[Services | Fleet Phoenix](#)

Address: The Point Youth Centre, Harlington Way, Fleet, GU51 4BP

[Youth Charity | Fleet Phoenix | Hampshire](#)

Hampshire Kitchen Heros!

[Hampshire Kitchen Heroes](#) is an interactive programme for residents across most of Hampshire, that rewards you for taking steps to reduce your food waste. You earn Green Points by taking action to cut your food waste with Hampshire County Council. The hero with the most green points at the end of the month can choose from a selection of prizes including a **£20 Love2Shop or M&S voucher**.

They can provide you with easy activities to help cut down your food waste.

Such as:

- Shopping smart by making meals plans and lists
- Keeping your food fresh for longer by improving your storage
- Getting creative to make the most of your leftovers



Discounted and Free Food APPS



Too Good To Go

This app helps people that are in crisis - [Too Good To Go](#)

Download the App to find reduced priced food near you.

Links and apps for useful discounts, offers and reduced food options:

A whole host of companies take part, including Starbucks, Greggs, Toby Carvery and Costa to name a few. In some cases, they will tell you what you're buying and in others, you will receive a 'Magic Bag'. This can be whatever they have left over, but you won't know until you arrive.

OLIO – Your Local Sharing APP



[OLIO](#) is the feel-good sharing **app**. It is free and can help you find and share items with local people, avoiding buying new and binning. It helps reduce waste, save money and build communities by connecting neighbours with each other.

Olio is the **app** that makes it easy to pass on the stuff you no longer need.

[Olio | App](#)

Central Tickets

Provides a cheap and sometimes free seat filling service that connects productions with new audiences - [Central Tickets](#)

Download the app

Download our App on the App Store or Google Play to book tickets, update your account and manage your bookings easily and quickly.

 [Apple Store](#)

 [Google Play](#)

Central Tickets

10% free wallet credit with first top-up (up to £10 - terms apply)

Did we mention

Membership is free!

Membership with Central is totally free. Seat-filling tickets range from £4 to £15 and you'll have access to special offers for West End shows via our ticketing partners.

Cheap Mortgage Finder

For help with how to find the best deal for you, you can try the Money Saving Expert. [Money Saving Expert | Mortgage Finder](#)

For current deals - [Money Saving Expert Best-buys Mortgages](#)

Help with rent

If Universal Credit or Housing Benefit does not cover all of your rent, you can make a claim for a discretionary housing payment (DHP). A DHP is a single payment from your local council to help pay your rent. Your local council will decide whether to give you DHP based on your circumstances. **If you are struggling to pay your rent**, visit: [Citizens Advice](#)

Community Spaces

These environments are ideal for exchanging ideas, staying informed, and connecting with others in a relaxed atmosphere. Whether for professional networking or personal catchups, coffee meetings foster open communication and collaboration and a great way to network through a social setting.

In such spaces, people can comfortably share updates, insights, and valuable information. The informal setting often encourages spontaneous conversations and knowledge sharing, making it an excellent place to learn from others and build relationships.

Holdshott Mill, Heckfield RG27 0JZ

This is a **'Friendship Group'** that runs every Thursday from 2pm – 4pm.
Please contact Paula Bennett on 07388 329916 or email: paulas100@hotmail.co.uk

Age Concern Hampshire

Offer a wide range of services and support for older people across Hampshire.
Please use the link to the location finder on the website, where you can search by area:
ageconcernhampshire.org.uk | hampshire

Email: enquiries@ageconcernhampshire.org.uk or Tel: 01962 868545

Care & Wellbeing Centre

Frogmore Care and Wellbeing Centre offers personalised support to their clients, family members and carers. Location: Frogmore Care & Wellbeing Centre, Potley Hill Road, Yateley GU46 6AG

They have a fully trained team who can provide support with personalised care, mobility, mental health including specialist dementia care. They offer a range of engaging and fun activities such as: Crafts, Potting & Planting, Chair Exercises, Music and Entertainment as well as Cognitive Stimulation Therapy and Reminiscence sessions to support memory loss. Prioritising the wellbeing and comfort of their clients, they offer affordable transport and an optional nutritional balanced two course hot lunch.

For more information or to book a taster session contact: Karen Jackson on **07842 306 033** or
Email: karen.jackson@ageconcernhampshire.org.uk

Cafés in Community Spaces

All Saints Church Rooms - Croft Lane, Crondall, Surrey, GU10 5QF

The Croft Café is open every Friday and Saturday 9.00 - 12.30 serving freshly ground coffee and tea, with fresh home-made cakes. Both cash and cards accepted. Dogs welcome!

Café 46, next to St Peter's Church - 101 Reading Road, Yateley, GU46 7LR

Café 46 is run by a mix of staff and volunteers - the cafe is open Mondays - Saturdays from 9.00 - 16.00. Open for breakfast, lunch, coffee, tea or an afternoon treat. What is offered is good quality, nourishing and affordable, and fairly traded, ethically and locally sourced where possible, with a simple menu supplemented by daily specials.

The Community Café at Yateley Industries – Mill Lane, Yateley, GU46 7TF

The Community Café is open Mondays - Fridays, from 09.00 - 15.00. Are you looking for a place to meet with friends? Open for coffee, tea, cake, all day breakfast, sandwiches, light bites, and more. No need to book!

Church on the Heath – The Key, Elvetham Heath, Fleet, GU51 1HA

The Coffee Bar at the front of Church on the Heath is open Mondays – Fridays 9.30-12.00 and Saturdays and school holidays 10.00-12.00. The Coffee Bar is a warm and welcoming place serving a range of drinks and delicious homemade cakes, with free wi-fi.

Fleet Parish Community Centre – Church Road, Fleet, GU51 4NB

The Coffee Bar at Fleet Parish Community Centre (next to All Saints Church) is open Tuesdays, Wednesdays, Fridays and Saturdays, 10.00 – 12.00 for great coffee and a warm welcome. Volunteers serve fresh coffee, lattes and cappuccinos, a variety of teas, hot chocolate, juices and squash, along with homemade cakes, biscuits, scones etc. All at very competitive prices.

Coffee Shop on the Green - behind Blackwater & Hawley Leisure Centre, Fernhill Road, Blackwater, GU17 9BW

The Coffee Shop on the Green is open Mondays – Saturdays 9.00-17.00 and Sundays 10.00-16.00, serving hot drinks, cakes, pastries and sandwiches. It is good spot to meet before or after an activity at Blackwater & Hawley Leisure Centre, or after a walk around Hawley Woods.

St John's Church, Fleet Road, Hartley Wintney, RG27 8ED

The Coffee Shop is open Mondays – Fridays 10.00-12.00, Saturdays 9.30 – 12.30 and Sundays after 10.45 Service - 12.00. The Coffee Shop serves a range of specialty-Fair-trade coffee and specialty-teas, hot chocolate and a good range of cold drinks. Every day, there is a range of home-made cakes available alongside the regulars of crisps, chocolate bars and cookies. Gluten-free options are usually available. On Saturdays, they serve seriously good value bacon rolls!

Hartletts Cafe - Hook Community Centre, Ravenscroft, Hook, RG27 9NN

Hartletts Cafe is open Mondays to Fridays 8.00 - 16.30, Saturdays 8.00-16.00 and Sundays 9.00-15.00. There is a varied menu of snacks and hot and cold drinks, including a full breakfast menu, sandwiches, omelettes and baked potatoes. All welcome to this community cafe!

Provisions for babies

Hart Foodbank can provide formula that has been donated (unfortunately, not all brands) so cannot necessarily meet all expectations exactly. They can provide nappies but most are donated by parents who have left over nappy packs and the majority are the smaller sizes as well as baby wipes too - hereforhartdirectory.org.uk | [Hart Foodbank](#)

Fleet Phoenix is a youth support charity based in Fleet. They store baby products including milk, food, nappies, wipes, nappy sacks, baby shampoo, creams, lotions, wash etc, but only hold a small amount of stock. They will endeavour to purchase specialist products for babies if needed and needs and requirements do fluctuate - hereforhartdirectory.org.uk | [Fleet Phoenix](#)

Child Choices Website

This is '**help with paying for Childcare costs**' from the Gov - childcarechoices.gov.uk

Parents are encouraged to apply for support with childcare costs.

The Department for Education is [reminding eligible working parents of two-year-olds that they will be able to register](#). More information on the childcare support available to parents can be found on the [Childcare Choices website](#), where parents can explore the early education entitlements and other government help with childcare costs.

Warm Home Discount Scheme: Gov.uk | [the-warm-home-discount-scheme](#)

Local libraries offer safe, warm places where the heating is on, and people can go to get warm in the winter. [Fleet Library](#) and [Yateley Library](#) both offer a lovely space for various social groups and welcome those who need help and would like to meet new people.

Hampshire Libraries - offer a range of free or low-cost resources, events, activities and learning opportunities, and provides a safe and inclusive community space for everyone, with access to free Wi-Fi and support with - [Cost of living resources | Hampshire County Council \(hants.gov.uk\)](#)

Barclays Local at Fleet Library:

- Every Tuesday: 9.30am to 2.30pm
- Every Wednesday: 9.30am to 1.30pm
- Every Thursday: 12.30pm to 3.30pm
- Every Friday: 9.30am to 3.30pm

Barclays offer a cashless and paperless service, but help can be provided with servicing requests (transfers, ordering stationery), digital support (Barclays app and online banking), new products (via the banking app only) and fraud and scam awareness. Book at barclays.co.uk/local

Fleet Library are offering the following social groups:

1. **Stay & Play** – a free drop-in for all seekers of sanctuary for a chat, helpful information and signposting. Colouring Lego and bricks available for children. Every **Monday, Thursday** and **Friday** from 3.30pm – 4.30pm and every Saturday from 9.30am – 5pm.
2. **Storytime** – for under 5's every **Monday** from 10.30am – 11am.
3. **'Chat About'** – regular sessions on a **Monday** (except public holidays) from 11am – midday. Join in for a free hot drink and biscuit. Remember to bring your own reusable lidded cup. For people to come to a warm space, meet new friends and have a chat. Babies and children welcome with an adult. Food and drink can be brought along.
4. **Games Morning** - a free drop-in with games provided, but feel free to bring you own. Every **Friday** from 10am – 12noon.
5. **Singalong** – singing is good for you, your health and mood can be enhanced through singing, and you can benefit even if you don't think you can sing. These relaxed sessions are for adults of all ages and will have popular songs from many eras. Every **Monday** (except public holidays) from 2.15pm – 3.15pm.
6. **Craft and Chatter** – come and join like-minded crafters to share ideas, advice and friendship while working on whatever project you have on the go. Free, friendly, fun and just turn up! Every **Wednesday** at 10am – 12noon.
7. **Community Connections** – is a free drop-in for all seekers of sanctuary for a chat, helpful information and signposting. This is held every **Wednesday** from 10am – 12noon.
8. **Construction Club** – play with Lego bricks held every **Saturday** from 2pm – 4pm.
9. **IT Support** – Speak to a member of staff to book a FREE one-to-on session with their Digital Champion Volunteer. Pre-booking is essential. Their Digital Champion Volunteer will be available to help you with your personal devise, and also on the library computers. Sessions are held on the first floor. Every **Thursday** from 2pm – 4pm and every **Saturday** from 10am – 12noon.
10. **Rhymetime** – come along to rhyme time sessions every Thursday. Babies and toddlers are welcome to all sessions, but the baby session will be aimed at the youngest members!
Toddler sessions from 10am – 10.25am and 10.45am – 11.10am.
Baby session from 11.30 – 11.55am.
11. **Hong Kong Connections** – every 3rd **Saturday** of the month from 11am – 1pm. It is a chance to meet others for a friendly chat. Drinks, snacks and games are also available.

Fleet Library has an honesty box if you wish to have tea and coffee.

Yateley Library are offering the following social groups:

1. **Craft and Natter** – bring your current project into the library and meet other crafters to exchange ideas. Every **Monday** (except public holidays) from 10am – 12noon.
 2. **Stay and Play** – construction, toys, board games for all ages held every Monday from 3.15pm – 4.30pm.
 3. **Book Club** – why not join their friendly, general fiction, book club? Every 3rd **Tuesday** of the month from 10am – 12noon.
 4. **Storytime** – join them for stories, songs and an activity for the under 5's every **Tuesday** from 10.30am – 11am.
 5. **Rhymetime** – rhymes and songs for babies and toddlers and their parents/carers. Held every **Friday** from 10.15am – 10.45am
 6. **Chat About** – a weekly drop in to meet new people. Grab a drink and biscuit. Families are welcome to stay after our earlier rhyme time session. Every **Friday** from 10.45am – 11.45am.
 7. **Saturday Family Fun – Construction Club** – come along and play with plastic bricks, toys and seasonal crafts. This is a free event with juice and a snack included. Held every **Saturday** from 10am – 12noon.
-

All Hampshire Libraries are 'Warm and Welcome' places everyone from across the community.

SUPPORT FOR HART COMMUNITIES

1. Support with Gas, Electric & Water Bills - Citizens Advice Energy Advice Programme



Citizens Advice Hart are providing advice and support for energy related issues. The aim of this programme is to offer additional targeted advice and support to ensure that clients are living in warm efficient homes on a tariff they can afford. They can assist access to support funds where eligible and are providing advice and support for [energy related issues](#). To book a referral please complete the [contact form](#) making sure you mention energy advice or please get in touch on: Tel: 01252 878435

Adviceline: 0808 278 7864. Visit [Citizens Advice Hart](#) or email help@citizensadvicehart.org.uk

There are answers to lots of questions about your energy supply here: [Energy supply Advice](#).

You may not realise that you can get help towards the cost of heating and lighting your home especially if you are on a low income or claiming benefits. Citizens Advice Hart are taking applications for grants which goes straight to the energy bill or meter. This grant is for the most in need and you must be in fuel poverty. Please contact: [Citizens Advice Hart](#)

There are still fuel voucher funds available, and this scheme will continue. We encourage contacting Citizens Advice Hart if you are struggling to pay fuel bills.

Citizens Advice Hart are offering a '**Home and Well**' service which is a unique collaboration of organisations working together to support residents of Hampshire. If you are a patient being discharged from hospital but need support to get your home ready and to transition, this service is available - [Citizens Advice Hart-Home and Well](#)

It is essential pensioners check whether they are eligible for Pension Credit by 21 December 2024, in order to be eligible for the Winter Fuel Payment this year: [Gov.uk | pension-credit | eligibility](#). There is a Pension Credit toolkit to help older people understand how they could get Pension Credit: [Gov.uk | government | publications | pension-credit-toolkit](#)

National CitA advice is here: [Get help with the cost of living | Citizens Advice](#)

2. Evouchers (part of Wonde)

Evouchers was created as a simple solution for schools and local authorities in the UK and supports vulnerable families at the time when they need it the most.

Distribution and enquiries - Help Centre: [help | evouchers](#)

3. Fleet Lions Fuel and Utilities Project

If you are struggling, Fleet Lions are supporting families experiencing fuel poverty - [Fleetlions.org.uk](#)

Please email fuel@fleetlions.org.uk if you are in debt to your energy suppliers or water utilities.

4. Action Hampshire

Action Hampshire plays a critical role in supporting Hampshire's communities. They provide advice and guidance for voluntary, community and social enterprise organisations and local councils - [Action Hampshire get support with the cost of living crisis](#)

Their website offers a wealth of information and services across our local districts.

5. Support with Housing Costs

There is also help available from the Exceptional Housing Costs Fund, where support cannot be met by existing schemes. Please contact Hart District Council: housing@hart.gov.uk

Anyone facing a genuine emergency and struggling to meet their housing costs can apply to Hart District Council's Emergency Housing Costs Fund. The funding is for exceptional cases and where existing schemes do not meet this need.

For more information, please contact 01252 774420 or email: hardship@hart.gov.uk

6. Holiday Activities Food Programme (HAF): support for children and families

The Holiday Activities and Food programme (HAF) provides healthy food and activities to children and young people, with free places available for those who receive free school meals. HAF is funded by the government and run by councils which help deliver the holiday clubs. The programme is available during school holidays. The free holiday club programme helps children to enjoy active and healthy school holidays, where they can experience new activities, meet friends and eat healthy meals. The Department for Education is promoting the scheme to pupil's parents and carers and in the clubs in their area.

The Department for Education (DfE) is providing funding to local authorities to coordinate a programme that provides healthy food and enriching activities to disadvantaged children during school holidays. Hampshire County Council and the Isle of Wight Council are delivering this through the [connect4communities programme](#). The HAF scheme is in place for 2022 – 2025. [Government holiday activities and food programme](#)

hants.gov.uk | [socialcareandhealth](#) | [childrenandfamilies](#) | [connectforcommunities](#) | [holidayactivities](#) | [register](#) - applies to HAF provision for Christmas School Holidays.

7. Hitting the Cold Spots: Helping you stay warm

Hampshire County Council offers 'Hitting the Cold Spots: Fuel/Energy advice' which is a service commissioned for Hampshire residents and is delivered by **The Environment Centre (tec)** and focuses on keeping your home warm and your family healthy which is expensive and sometimes difficult. Hitting the Cold Spots Advisors can help you with keeping warm at home and reducing your energy bills – **Telephone 0800 804 8601**, 9am - 5pm, Monday to Friday or 023 8033 6172 Or emailing staywarm@environmentcentre.com

- Access to funding for home energy upgrades such as heating improvements and insulation
- Small energy-saving measures such as low energy light bulbs and draught-proofing
- Advice on energy use in the home, including using Smart Meters
- Advice on tackling damp, condensation, and mould
- Step-by-step DIY guides for more energy efficient homes including secondary glazing guides that can improve the efficiency of single glazed windows or doors.

They can refer or signpost clients to other services including:

- Benefits, budgeting, and debt support
- Home safety and improvements, e.g. Hampshire Fire and Rescue Service, the Blue Lamp Trust and disabled facilities grants
- Charitable organisations, food banks and utility vouchers

Further details can be found on the **Here for Hart Directory of Services:** [Hitting The Cold Spots | Fuel/Energy Advice](#)

More Funds & Support for Hart Communities



OTHER CURRENT AND UPCOMING FUNDS / SUPPORT AVAILABLE

- **Carers Household Support Fund** – for Hampshire carers to support with utilities, food and white goods. Contact info@carercentre.com or if you are known to them contact your career support / EPC worker who can then request the funding.
- **Park Homes Warm Home Discount by Charis** – enables residents living in a park home to apply for a £150 payment to help towards the cost of their living bills – [Charis Grants Park-Homes](#)
- **VCSE Energy Efficiency Scheme** – to help voluntary, community and social enterprise organisations (VCSEs) across England to delivery more efficient services for people and community by saving money on their energy bills. Applications close 30 August 2024 - groundwork.org.uk | vcseenergyefficiency
- **Grants Search and Benefits Calculator** - Explore what financial support you can get through welfare benefits and grants based on your circumstances: [Turn2us](#)

Please contact Hart Voluntary Action (HVA) for details on using the Grant Finder Database – info@hartvolaction.org.uk

ENERGY SAVING TRUST – HELP AND SUPPORT AVAILABLE

How to save Money on my energy bills - Energysavingtrust.org.uk

Depending on where in the UK you live, you could get help to improve your home's energy efficiency. This could include home energy upgrades such as:

- [cavity wall insulation](#)
- [solid wall insulation](#)
- [loft or roof insulation](#)
- [floor insulation](#)
- [energy efficient doors and windows](#)
- [draught proofing](#)
- [heating controls](#)

Also, some schemes offer financial help by giving you money to put towards your energy bills. Many of these schemes depend on your income or whether you're claiming certain benefits.

Regardless of your situation, you should be able to get access to energy advice. It's also worth contacting your local authority to ask about what local schemes are available.

DEBT HELP - Christians Against Poverty (CAP) Debt Centre; Fleet Baptist Church

Fleet Baptist Church has recently partnered with Christians Against Poverty to open a CAP Debt Centre offering local appointments for free debt advice and personal support in the community. It takes a lot of courage to make the first call, but the sooner you ring, the sooner you will have peace of mind – freephone: **0800 328 0006** or website: capuk.org | [get-help](#) | [cap-debt-help](#)

Quick Tips to Save Energy in your Home

1. **Press** - switch off electrical appliances rather than leaving them on standby.
 2. **Pull** - pull out chargers while not in use.
 3. **Insulate** – draft proof your home as heat is lost through draughts around doors, windows, floors and chimneys. [A helpful guide to draught-proofing | Energy Saving Trust](#)
 4. **Turn off lights** – especially when you're not in a room. Using LED bulbs or energy efficient ones could save you even more.
 5. **Save on Laundry** - washing at 30-degrees, using an 'eco-cycle' and filling your machine.
 6. **Avoid tumble drying** - dry clothes outside or on a heated clothes rack.
 7. **Shorter showers** - a 4-minute showers could save a typical household £65 a year on energy bills. Swapping baths for showers and install a water efficient showerhead.
 8. **Reduce** - thermostat temperature by 1degree.
 9. [Moneysavingboilerchallenge.com](#) – set the water flow temperature to 60degrees.
 10. **Don't over fill your kettle** – only boil what you need.
 11. **Match** – use the right sized hob for your pan when cooking.
 12. **Fill your dishwasher** – half-empty dishwashers will use more water and electricity.
 13. **Alternative cooking methods** – instead of cooking your food in a traditional oven, try cheaper alternative methods such as slow cookers, air fryers and microwaves.
 14. **Using an oven** – if you need to cook using your oven, ensure it is used to full capacity and when finished, leave the door open for the airflow to heat your home.
 15. **Increase insulation** – make sure your hot water cylinder is insulated.
 16. **Loft insulation** - Check your insulation is topped up in your roof.
 17. **Fridge/freezers** – make sure they are set to the right temperature.
 18. **Radiators** – make sure you bleed them regularly and only turn them on in rooms used.
 19. **TV** – select a low energy setting to reduce cost of running.
 20. Draw your curtains and close your blinds to minimise heat loss through windows and keep the heat in more effectively.
 21. Tuck long curtains behind radiators so that heat is not trapped.
 22. Keep radiators and heaters clear so heat can circulate.
 23. If there are rooms in your house you do not use, turn off radiators in them and close the doors.
 24. Use your heating controls, such as thermostats and timers.
 25. Put on extra layers when it's cold indoors.
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