

**How can I save
energy and
reduce my bills?**



Citizens Advice provides free, impartial, independent and confidential advice.

Our team of specialist energy advisers can help you take control of your energy use and save money on your bills.



 **0800 145 6879**

or fill in our contact form at citizensadvice1066.co.uk

How we can help

Did you know there's a team of 20 specialist energy advisors at Citizens Advice East Sussex? They're available to give you free and impartial assistance on:

- How to understand your bills and check you're getting the best deal
- How to save energy and stop your home from leaking heat
- Whether solar panels, energy storage or a heat pump would work for you
- Whether you might be eligible for grants to add insulation or renewable energy to your home
- How to address debt or payment issues, and check if you are entitled to any additional financial help

You can get in touch by calling **0800 145 6879** or filling in our contact form at www.citizensadvice1066.co.uk.

Our top 5 energy saving tips



- 1 Save around £80 per year** by turning appliances off at the switch, rather than leaving them on standby.



- 2 Save around £75 per year** by turning down your thermostat by one degree



- 3 Save around £45 per year** by having four-minute showers instead of a bath.



- 4 Save around £30 per year** by switching to LED lightbulbs.



- 5 Save around £30 per year** by draughtproofing weak spots in your home's insulation such as windows and chimneys