

Cost of Living Fact Sheet for PRS tenants

The cost of so many things have increased during the last few months, and this is having a huge impact on many people. This cost-of-living information sheet gives some energy saving ideas and details of organisations who can give advice about energy bills or other debt concerns.



Top Tips to avoid fuel debt!

- ✓ Check your bill especially if it is **estimated**.
- ✓ Choose the right payment **method**.
- ✓ Talk to a debt advisor if you are unable to **pay the bill**.
- ✓ Improve energy **efficiency in your home**.
- ✓ Contact the **supplier – they have a duty to provide measures to help you**.

Energy-saving tips

- Turning down your heating thermostat by 1 degree or more will help save you money.
- Only boil the amount of water you need in a kettle – don't fill it for just one cup of hot water. Think about energy saving and water savings in one!
- Make use of your microwave to cook food but, the clocks on microwave cookers are very expensive to run – do you really need to leave your microwave always switched on? Think about this approach with your other devices, what can you turn off instead of leaving on stand-by?
- Use ovens to their maximum. If possible, don't put the oven on to cook one item only. Consider batch cooking and freezing meals to save both time and money.
- Use the lids on saucepans – you use less fuel this way AND you reduce condensation (which can contribute to damp and mould).
- Invest in the right things. LED bulbs are more expensive to buy but, use less electricity so will save you money in the long-run.
- Close the curtains when it's dark – this helps to keep the heat in the room, especially in the Autumn/Winter months.



For more information about how to save energy click the link below

<https://www.groundwork.org.uk/energy-efficiency-tips/>

Cost of Living Payments April – May 2023

There will be another cost-of-living payment made for people entitled to certain benefits or tax credits. These payments will be made separately to your benefits payments.



For more information click here:

<https://bit.ly/42g2qy4>

For more information on the cost of living payments, coming throughout 2023, visit gov.uk (www.gov.uk)

Organisations who can provide financial advice and/or information

There is help available if you're finding it difficult to pay bills and/or need advice to help you check if you're entitled to benefits, help to claim benefits or suggestions to help you budget.

Warm Wales

Working to tackle fuel poverty by offering free advice and support to ensure people across Wales

Tel: 01352 711751

Email: NWreferral@warmwales.org.uk or
hhplc@warmwales.org.uk

Website: <https://www.warmwales.org.uk/>



WARM WALES
CYMRU GYNNES

Penny Smart

Telephone budgeting, benefits and debt advice with casework support for those in financial hardship (budget shortfall) and/or debt crisis in N Wales

Tel: Free Helpline 03003 651210

Email: advice@pennysmart.org.uk

Website: www.pennysmart.org.uk



Local Citizens Advice

Offer benefits and debt advice, mainly telephone-based, sometimes casework support: but are currently very busy. **You will need to contact the Citizens Advice in your own area.**



Tel:

- 0808 278 7923 Flintshire
- 0808 278 7933 Denbighshire
- 0808 278 7922 Gwynedd
- 0808 278 7932 Ynys Môn/Anglesey
- 0300 330 1178 Wrexham
- 01745 828705 Conwy

Email:

- rhyl@dcab.co.uk
- denbigh@dcab.co.uk
- advicecyngor@caconwy.org.uk
- AngleseyCA@gmail.com

Website: <https://bit.ly/2FlpoZ7>

Christians Against Poverty

Church-based local groups offering face to face debt advice and support - coverage can be patchy.

Tel: 01274 760720

Email: info@capuk.org

Website: <https://bit.ly/3LvxJhp>



StepChange Debt Charity

Debt advice only telephone helplines

Tel: 0800 138 1111 - Monday to Friday 8am to 8pm and Saturday 9am to 2pm

Website: <https://bit.ly/3LSiyR8>



British Gas Energy Trust

A registered charity which supports families and individuals in poverty, who are struggling or in distress and are struggling to pay their gas or electricity debts.



Tel: 01733421021

Website: <https://britishgasenergytrust.org.uk/>