

## Struggling with the cost-of-living crisis?

### Some useful links for you and your neighbours on keeping warm, energy costs, energy bills and debt advice.

#### [Warm Welcome Spaces](#)

Warm Welcome Spaces come in all different shapes and sizes, from a homework club in a local church on a Tuesday, to an over-65s community centre drop-in on a Wednesday and a library co-working desk open all weekend. Just enter your postcode and requirements to find the right Space for you!

#### [Debt free advice](#)

This is free impartial expert advice you can trust (0800 808 5700)

[The Big Issue's](#) – 'All the cost-of-living help - available from the government, energy companies, councils and charities.'

#### [How much money does turning down the thermostat actually save?](#) (The Conversation)

This article says that the government's [Energy Price Guarantee](#) limits prices to: £0.34 per kilowatt-hour for electricity, £0.103/kWh for gas, standing charges of [£0.46/day](#) for electricity and [£0.28/day](#) for gas.

They calculated how much this would cost using the current price cap for an average customer. They found that for each 1°C decrease in thermostat temperature between 22°C and 18°C, an average home used around £130 less energy. That is based on the October 2022 price cap.

Please note that it is important NOT to drop the temperature below 18°C as it can seriously affect your body's health.

#### [Keep your body temperature up if you are at home](#) (The Conversation)

If very cold, the good news is that you don't need to heat your whole house or even your room to prevent yourself from freezing. Two experts in the human body have given The Conversation their recommendations for what else you can do to keep your body temperature up and, crucially, feel warm too.

#### [Can I get a cold weather payment and how much are they?](#) (BBC)

NB cold weather payments do not affect your other benefits.

If you do not receive your cold weather payment, tell the pension centre or Jobcentre Plus office.

#### [Wandsworth Council is freezing heating and hot water fuel charges and council rents](#)

Published: Monday, January 24, 2022

[Hammersmith & Fulham council has frozen or cut service charges across the council in real terms.](#)

[Hammersmith and Fulham warm hubs:](#)

[Fuel poverty action](#) has been campaigning to stop forcing people onto meters and to remove standing charges. Their campaign is called energy4all

[Warm this winter](#) is a campaign from a coalition of over 40 of the UK's leading charities.

[Westminster Council has a Cost of Living](#) strategy.

[Hackney council has put together a Help and hand](#) – a guide to the support available to Hackney residents during the cost of living crisis.

[Getting the Energy Bills Support Scheme discount - GOV.UK \(www.gov.uk\)](#)

If you have a traditional prepayment meter, you'll get the discount from the first week of each month.

You'll get the discount automatically in one of the following ways, as:

- redeemable vouchers, sent by SMS text, email or post
- an automatic credit when you top up at your usual top up point

Your electricity supplier will let you know in advance how you will get your discount.

[We are Citizens Advice](#) provides info on the government's support on energy bills. They way their recent report found that if the Government took bold action now on energy efficiency, it could save those in the least efficient homes nearly £950 a year. And, with energy prices predicted to rise again in April, these savings could be even higher.

### **They ask - what should the Government do?**

- [Raise benefits](#) in line with inflation in April and prepare further targeted support.
- Ensure all people on traditional prepayment meters — whose payments won't automatically get loaded onto their meter — get their [£400 EBSS \(Energy Bills Support Scheme\) payments](#).
- Temporarily stop energy companies from forcing people in debt on prepayment meters this winter.
- Take bold action now to improve the [insulation of homes](#) across the country and reduce bills for the long-term. Our recent report, '[Insulation Nation](#)' outlines the steps the Government should take.