



Is your home cold?



Do you struggle with your energy bills?



Our friendly advisors offer free and impartial advice to help you:

- Stay warm at home
- Afford your energy bills
- Upgrade your heating system
- Find grants and financial assistance
- Insulate your home and find other ways to keep it warm



Contact our free helpline or visit www.linktoenergy.org.uk



0800 500 30 76



Keep Warm Stay Healthy Save Money

- Heat your home to between 18°C and 21°C when you're in during the day.
- Close your curtains at dusk to keep the warmth in. Tuck them behind radiators and close doors.
- Have hot drinks and hot meals throughout the day if possible.
- Stay active. Get up and walk around regularly or move your limbs whilst sitting.
- Wear several thin layers rather than one thick layer.
- Deal with draughts. There are cheap DIY draught proofing products available to keep you cosy.
- Check on your neighbours and friends. Are they warm enough? Tell them to call us if they are struggling.

**Still Cold? Struggling to pay your energy bills?
Contact us for more advice: 0800 500 30 76**



Warmer Rugby is a partnership
between Severn Wye Energy Agency
and Rugby Borough Council

