



Top tips to save energy and stay warm

Windows and doors can be sealed with cheap insulation tape available in hardware shops.

Avoid using the tumble dryer when you can, and set your washing machine to 30°C.

Radiators and heaters should be kept clear so no items in front of them block the heat.

Make sure curtains and blinds are drawn in the evening to stop cold air getting through.

Turn off lights and electrical appliances when they are not being used.

Help might be available for your heating bills. Visit our website to find out what benefits you might be eligible for.



The Debt Trap

End the damage to children



If you fall behind on your energy bills...

1. Your energy company should:

- talk to you about what rate you can afford to pay back your debt
- offer you a range of different repayment rates to choose from
- check in with you regularly to make sure you can still afford the repayments or whether you need to change your plan.

This means you can negotiate a different rate of paying back debt with your energy company if you are struggling.

2. Switching energy suppliers might save you money. If your debt is less than £500 and you are paying it back via a prepayment meter, you can switch energy supplier and transfer your debt over.

3. Seek free advice from debt charities like StepChange or your local Citizens Advice Bureau.



The
Children's
Society

Join our campaign asking energy companies to show some warmth to families in debt.
childrenssociety.org.uk/warmth