

# FINDING IT DIFFICULT TO KEEP UP TO DATE WITH BILLS?



We offer energy saving advice and give you other things to help keep your home warmer and combat cold and damp.

We can also help you to get the lowest price for your electricity and gas, and if you have a debt with an energy company, we may even be able to help you pay these off.

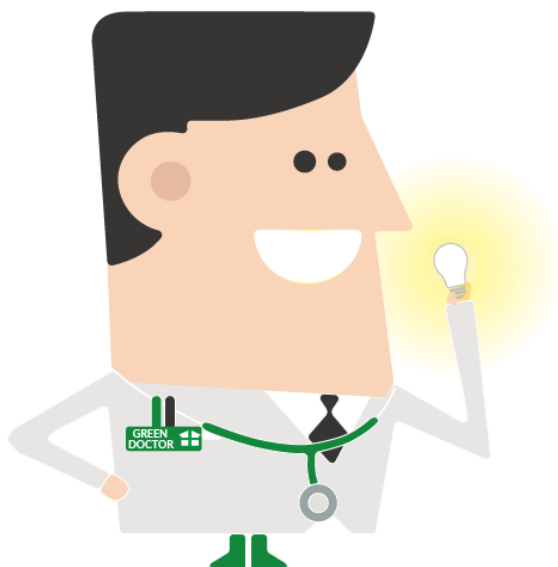
> **Take control of your energy bills.**

> **Combat damp and mold issues**

> **Relieve underlying health conditions**

**If you meet one of these criteria you will be eligible:**

- You are on a low income
- Living with debt
- Have physical health issues
- Have mental health issues
- Have dementia
- Have a disability
- Living in emergency accommodation
- Living in poor housing conditions
- In receipt of benefits



## Get in touch

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**All services are completely free.** All you need to do is contact us:

**0800 464 0699**




[wmGreenDoctor@groundwork.org.uk](mailto:wmGreenDoctor@groundwork.org.uk)

[www.groundwork.org.uk](http://www.groundwork.org.uk)

## Small Changes, BIG IMPACTS



The following tips are easy to do, are completely free and you can do right now, but can easily add up to big savings on your energy bills:

-  Make best use of your heating programmer rather than switching your heating on and off manually
-  Set your heating thermostat between 18-21 C for best comfort and savings
-  Close internal doors to keep the heat where you want it. Warm air will always move to the coldest part of the house.

## Do you qualify for a rebate on your electricity bill?

The **Warm Home Discount scheme** is run by the government and energy suppliers and is designed to help lower income and vulnerable households pay for their energy costs over winter.

This winter rebate is worth **£140**. To check if you are eligible, contact your energy supplier as criteria can vary. However, if you receive pension credit or have a low household income, it's likely that you are eligible.

## Our Covid-19 Response

The Green Doctor project launched at the start of 2020 with the intention of providing face to face support in some of our most vulnerable communities. Due to social distancing measures this is no longer possible for the time being but we look forward to resuming as soon as it is deemed safe to do so again.

However, in the meantime we are continuing to offer all services as before, over the phone or video calls, and providing **free** 'care packages' to homes which include:

- Energy Saving LED bulbs
- Draught-proofing strips
- Radiator reflector panels
- Mini hot water bottles and blankets
- and more...

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