

Healthy Homes; Active Advice

A project delivered by



Funded by:



In partnership with:



For advice on saving energy or energy debts please contact:

Healthy Homes; Active Advice

01245 205562
hhaa@chelmsfordcab.org

A project delivered by

Citizens Advice in Mid Essex

For all other information or advice please contact your local advice line:



Chelmsford:
01245 205656

Maldon:
01621 875774

Braintree, Halstead & Witham:
03444 994719



Or visit

www.citizensadvice.org.uk



Advice and information:

- Energy efficiency
- Warm homes
- Reducing bills
- Debt
- Housing
- Benefits
- Any other issues





How we can help

Our community advisers acknowledge how it may be difficult to access information and to know where to start.

Citizens Advice trained Community Advisers will be helping you find out how to access information on:

- How to reduce your energy bills
- Energy efficient measures for your home
- Other agencies that may be able to help.
- Debt problems, benefits, housing issues
- Referring you to an adviser at Citizens Advice if you need any further assistance
- Increasing your comfort at home
- How to improve your health and wellbeing

Who we are

Healthy Homes; Active Advice is a British Gas Energy Trust funded partnership between Citizens Advice and other organisations where Citizens Advice trained Community Advisers will come to your door to provide information.

Background to the scheme

Research has found that people unable to keep their home warm are more likely to have: poor physical health, increased risk of depression and anxiety.

There can be a further negative impact on education and attendance at work.

Cold homes and Fuel Poverty

A household is said to be in fuel poverty when more than 10% of the household's income is spent on fuel bills.

Vulnerable groups

Older people and young children are especially vulnerable to cold.

It has been estimated that 10% of excess winter deaths are due to fuel poverty and more than one in five excess deaths are attributable to cold housing.*

Stay Well This Year

- Keep an eye on your room temperature—heat your home to at least 18°C (65°F) if you can
- Get support—there are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills.
- Look after yourself—if you start to feel unwell, even if it's just a cough or a cold, then get help from your pharmacist quickly before it gets more serious
- Always taking prescribed medicines as directed

*UCL Institute of Health Equity, Local Action on health inequalities; Fuel Poverty and cold home-related health problems, 2014. Public Health England.

