



Fuel poverty - what is it?



If you're one of the thousands of people faced every winter with the decision of whether to buy food or use that money to heat your home, then you could be living in fuel poverty.

In West Yorkshire and Harrogate, over 100,000 households are in fuel poverty*.

Fuel poverty, through living in a cold and damp home, is a clear contributory factor in health issues such as respiratory diseases, heart diseases, circulatory diseases and mental health problems. It also contributes towards increased winter deaths, repeat visits to GPs and admissions to hospitals.

If you're spending a disproportionate amount of your household income on energy bills, because you are on a low income and / or due to low energy efficiency in your home, you might be able to take advantage of certain benefits, grants and help offered by the government and energy suppliers.

The organisations detailed in this leaflet all offer information about fuel poverty and guidance for getting support.



[Groundwork](#) is a group of charities that focus on poverty and the environment. Its **Green Doctor telephone support service** helps many people save money on their energy costs by offering advice on:

- Tariff comparison and switching providers
- Issues with energy suppliers - including billing, debt, meter connection and access to emergency top ups for those on pre-paid meters
- Emergency broken heating, hot water or gas appliances
- Priority Services Register sign up for vulnerable people
- Making the most of your income and debt advice (including claiming the [Warm Home Discount](#) and accessing charitable funds)
- Energy efficiency advice to save energy and use heating controls effectively

Call the support service on: **0113 238 0601**
or email: greendoctorleeds@groundwork.org.uk

There's more information online at:
[Green Doctor Leeds](#) which covers all of West Yorkshire.



*108,080 households in fuel poverty in West Yorkshire / Harrogate (2018 Government statistic).

RAINY DAY TRUST

[Rainy Day Trust](#) is a charity that helps people who are working in, or have worked in, the UK's home improvement and enhancement industry who have less than £10,000 in savings and are on a low income.

If this is you, please call Rainy Day Trust on: **0203 192 0486** and ask for 'fuel poverty help' or look online at: [Fuel poverty help](#).

If you have any queries, you can email the charity at: info@rainydaytrust.org.uk



TURN2US

[Turn 2 Us](#) is a national charity for when times are tough. Its website details the various grants and schemes available to help you cover the cost of fuel bills and make your home energy efficient.

[Fuel poverty - grants and schemes](#)

These grants and schemes include Winter Fuel Payments, Cold Weather Payments, Warm Home Discount and Grants for Energy Efficiency.

citizens advice

[Citizens Advice](#) is a network of independent charities that offers free and confidential advice online, over the phone and in person.

Citizens Advice online has a section covering [Grants and benefits to help you pay your energy bills](#).

In this section you'll find details of some of the benefits, grants and help available that you might be able to access if you're struggling to afford your energy bills.

British Gas Energy Trust

Both customers and non-customers of British Gas living in England can apply for an energy grant.

Only you as the account holder can apply. If you are unable to apply yourself, an explanation must be given why someone else is applying on your behalf.

More information about the energy grant scheme, and details of who can apply and how to apply, are on the [British Gas Energy Trust website](#), or you can call British Gas on: **0121 348 7797**

