

# Keeping warm and safe

A webinar for unpaid carers around saving energy and money this winter

Thursday 6 October 10.00-11.30am on Zoom

With the expected further increase in the cap on energy prices in the Autumn, we know that the rising cost of gas and electricity is a real worry for many unpaid carers.

National Energy Action is the national fuel poverty charity in England, Wales and Scotland providing support for householders across the UK to better understand and manage their energy and water accounts.

They are going to be running a webinar to help carers understand the various help they may be entitled to and how to access it. It will explore the links between warmth and health, and give advice on how to save energy and money this winter. There will be a Q&A session to give further, detailed information and lots of information on further services.



Book at <https://carersandenergy.eventbrite.co.uk>

