

Fuel/Energy Support				
If you or someone you know is struggling, it is also worth reaching out to your energy supplier directly as many of them offer winter support through schemes like Warm Home Discount or Cold Weather Payments for those that are eligible.				
Organisation	Type of support	Email	Phone	Webpage
Uk Government: Winter Fuel Payment	Visit the website to check if eligible for winter fuel payment and how to make this claim. The deadline to claim for Winter 2025 is 31 March 2026	https://secure.dwp.gov.uk/contact-winter-fuel-payments-centre/date-filter	0800 731 0160	https://www.gov.uk/winter-fuel-payment/how-to-claim
Age UK North Cumbria	Information and Advice: Warm Homes Home Energy Checks - This service is free and is available to older people who are finding it difficult to keep their homes warm and are therefore at risk of cold-related illnesses. This could include people who are struggling to pay their bills, who are in fuel debt, who have no heating, or don't know how to work their heating controls	admin@ageuknorthcumbria.org.uk	01228 536673	https://www.ageuk.org.uk/northcumbria/our-services/information-and-advice-warm-homes-home-energy-checks-61761356-1279-f011-95f3-7c1e522694f7/
Futureproof Cumbria	• Advice on heating, boiler and radiator settings • Help with understanding energy bills and tariffs • Smart meter advice and meter reading support • Advice on tackling damp and mould • Energy-saving equipment • Draught proofing measures	homes@futureproofcumbria.org.uk	01768 216500	https://futureproofcumbria.org.uk/

	• Support to access insulation and heating grants Also delivers the Household Support Fund: • Fuel vouchers of up to £300 • Energy-saving appliances such as electric throws, air fryers, microwaves, and dehumidifiers. • Access our professional draught-proofing service to help keep homes warmer and reduce energy waste.			
Green Doctors – Cumbria (Groundwork NE and Cumbria)	They offer free, impartial advice to help you take control of your bills, save energy where possible in the home, and access other services and initiatives available. They can provide different kinds of support, whether that’s advice on paying off debt with energy or water companies, or spotting other concerns for a referral to other services.	https://groundwork.my.salisforce-sites.com/gwnecgreendctors		https://www.groundwork.org.uk/north-east-and-cumbria/get-support/green-doctors/