

# Get Free Energy Advice



## Stay Safe, Warm & Supported

**Need help with your energy?** We're here for you!

Find out how to save energy and money, stay safe from carbon monoxide, and get extra help through the Priority Services Register.

**Please contact us for help & advice:**

Allerdale **01900 604735**

Carlisle & Eden **0330 056 3037**

Copeland **01946 693321**



**You can also visit our websites for information and advice:**

**Allerdale**



*Visit Allerdale's website*



**Carlisle & Eden**



*Visit Carlisle & Eden's website*



**Copeland**



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