

Arun & Chichester Citizens Advice offers free, expert energy advice and practical support to help you prepare your home and finances before the cold weather sets in.

We Offer Free:

- Energy Advice tailored to your home and needs.
- Small Energy Efficiency Measures such as:
 - Radiator foil
 - Draught excluders
 - Lightbulbs etc...
- Appliance Cost Comparisons to help you save on bills.
- Support for Carers and Vulnerable Groups with personalised guidance
- Grant Eligibility Checks – we can help you find and apply for available support.
- Net Zero Advice to help you reduce your carbon footprint and improve home energy efficiency.
- Help with Bills – in some cases, we can assist directly with energy costs.

Call our energy team today on
0800 145 6879

Or scan this QR code
to visit our website:



Prepare your home before the cold hits with our: Winter ready checklist



Home Energy Efficiency

- Check insulation in lofts and walls. ☐
- Draught-proof doors and windows. ☐
- Use thermal curtains or blinds. ☐
- Install radiator reflectors. ☐



Appliance & Heating Use

- Compare appliance running costs. ☐
- Use timers and thermostats efficiently. ☐
- Bleed radiators to improve heating efficiency. ☐
- Book a boiler service with a certified engineer. ☐
- Check thermostat settings and replace batteries if needed. ☐
- Test your heating system, don't wait for the first frost! ☐



Energy & Safety

- Check smoke and carbon monoxide alarms. ☐
- Replace old bulbs with energy-efficient LEDs. ☐
- Review your energy tariff and usage. ☐
- Keep a torch and spare batteries handy. ☐



Emergency Prep

- Know where your stopcock is in case of frozen pipes. ☐
- Stock up on salt or grit for icy paths. ☐
- Keep a basic emergency kit: blankets, water, non-perishable food. ☐
- Save emergency contact numbers in your phone. ☐



Support for Vulnerable Groups

- Ensure carers and elderly residents are aware of available support. ☐
- Share this checklist with friends and family. ☐
- Offer help with small tasks like changing batteries or booking services. ☐