

**27 January 2009**

## **Tolson Supports Winter Warmth Message**

Jim Tolson MSP for Dunfermline West is urging people worried about their energy bills or about keeping warm enough this winter to follow the advice of Energy Action Scotland, the charity working for warm, dry homes.

In its winter warmth campaign, Energy Action Scotland says:

➤ **Be Energy Efficient**

Make sure your home is as energy efficient as possible. Get advice about easy and inexpensive ways you can save energy, for example by draught proofing or by using appliances in a more economical way. You can also find out about making your home or your heating system more energy efficient, perhaps with cavity wall insulation or a heat pump. Contact the Energy Saving Scotland advice centre on freephone 0800 512 012.

➤ **Check Benefits or Tax Credit Entitlement**

Many people don't realise they can increase their income by claiming the benefits or tax credit they are entitled to get. The extra income can be very helpful when the winter energy bills come in. Contact your local Citizens Advice Rights Fife office for advice.

➤ **Get the Best Energy Deal**

Find out if you can get a better deal from your electricity or gas company. Sometimes you can save money by switching to a different tariff or selecting a different way to pay your bills. Some companies also offer special services, like social tariffs, for certain groups of people. Check out what's available for your needs via the Home Heat Helpline on freephone 0800 33 66 99.

Norman Kerr, Director, Energy Action Scotland says: "Following these 3 areas of advice can help reduce the amount of energy you need to use at home and help towards paying your energy bills."

Jim Tolson commented "Making homes more energy efficient saves money on bills as well as helping the environment. Over the last couple of years I've visited houses in Dunfermline having cavity wall insulation and loft insulation installed. Insulation is a very effective way of saving money on the fuel bills and makes homes more comfortable."