

## **Are you ready for winter?**

**Summer may seem a strange time to be thinking about the cold, but older Powys residents can stay ahead of the chill by booking in their FREE Home Energy Check now.**

Are you aged 65+ and live in Powys? Are you living in a cold, damp or poorly maintained home, struggling to pay your energy bills and stay warm?

Then you could be eligible for the Age Cymru Powys FREE 'Home Energy Check' service. The Home Energy Check is a free advice and fitting service helping you to reduce your energy bills.

The Age Cymru Powys trusted Home Energy Officer can visit you to fit equipment to increase the energy efficiency of your home and offer practical tips to help you stay warm and well.

**Steve Cadwallader-Jones, Home Energy Officer at Age Cymru Powys, explains what help is available:**

"With the current Cost-of-Living Crisis, many people are worried about paying their gas and electric bills. This can lead to older people cutting back on their heating, which we know can be dangerous as older people are more vulnerable to the impacts of living in a cold home. We can install simple energy efficiency equipment for you, free of charge, such as:

- Draught excluders around doors and windows
- Radiator reflector panels
- Energy-efficient lightbulbs
- Chimney draught excluders
- Water cylinder jacket
- Low-energy night lights
- Cold alarm

We are 'ON YOUR SIDE' to ensure your home is as warm and energy efficient as possible – contact Age Cymru Powys now and we will help you to keep warm and well in your home this winter."

### **How have people benefited from the Home Energy Check?**

"The Home Energy Check has really helped, it's such a brilliant idea. None of the doors fitted properly but now that the draft excluders are on, they all shut properly... I'm definitely much warmer in here now, nice and cosy." Eira, 66

"My husband is disabled and needs to be warmer all the time. The Home Energy Check has helped a lot and with the extra knowledge we know how to keep warm without spending more money."

Anne, 87

Contact Steve Cadwallader-Jones, Home Energy Officer at Age Cymru Powys  
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## **Notes to Editors**

1. Age Cymru Powys is the local charity for older people in Powys
2. We are an independent charity and partner of National Age Cymru / Age UK
3. We work with local Age Cymru Partners across Wales to improve life for older people
4. Age Cymru Powys is a registered charity 1174222
5. Company limited by guarantee and registered in England and Wales 08212122
6. Attached images must only be used in relation to this news release

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