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Charity No. 1159816

Energy Advice Drop In  
The Wellbeing Centre  
Church Stretton  
Thursday's 10.00 – 12.00



INFORMATION SHEET No. 15 DATE OF ISSUE January 2011

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## Possible signs of Fuel Poverty:

Health issues related to cold homes:

- Asthma / bronchitis / pneumonia / inhalation of mould spores
- Worsening of long-term illness in winter
- Falls and accidents
- Slow recovery from illness
- Coronary heart disease / thrombosis
- Stroke
- Hypothermia
- Poor hygiene, stress and depression

Statements by Clients:

- Can't afford fuel bills
- Owe money for fuel
- Have prepaid of key meter to avoid running up debt
- Stay in bed to keep warm
- Want to stay in hospital as long as possible as it's warm
- Stay in public buildings to keep warm – eg library
- Reluctant to invite family / friends in

What you might notice about their home:

- Feels cold or draughty
- Looks / feels damp with signs of condensation / mould / peeling wallpaper
- No visible signs of heating
- Only heating is electric fires, fan heaters, oil filled radiators or bottled gas heaters
- Only one room is heated
- Signs of home-made draught proofing
- Ventilators blocked
- Curtains closed during day
- Client wearing lots of clothing
- Under occupation – single person in large house

Adapted from Fuel Poverty and Health Toolkit, National Heart Forum, 2003

### Causes of Fuel Poverty:

- Low household income
- Energy inefficient property
- Expensive to run heating systems ie systems that use expensive fuel or are inefficient such as open solid fuel fires, peak electric heaters and portable bottled gas/paraffin heaters
- High fuel costs

A satisfactory heating regime is where one of the following occurs:

- The main living area is at 21°C (70° F) with other occupied rooms are at 18°C (65°F)
- Heating is available for 16 hours per day for households likely to be at home all day, and 9 hours per day on weekdays for households in work or full-time education
- The whole house is heated, except where the household is under-occupied, when it is assumed that half of the house is heated. In this case, the household is under occupied when it is considered to have surplus bedrooms and excessive floor space
- Affordable warmth, therefore, relates to the ability to heat the home to an adequate level for household comfort without resulting fuel debt.

### Shropshire Council FRAMEWORK ON AFFORDABLE WARMTH –TACKLING FUEL POVERTY (Dec 2009)

#### **Caution - Please Read this:**

*Our Advice Note has been carefully prepared and is, as far as we know, accurate at the date of publication. However, things change very fast in the world of technology and in government schemes. Sometimes parts of Advice Notes become outdated and may not offer best advice very soon after publication. We do our best to keep them up to date with the limited resources we have. Furthermore, our advice may not be appropriate for your particular circumstances. We advise that you get advice from a relevant expert before making changes. We may be able to offer further advice or make suggestions on who to contact if you get in touch with us. We are not technical experts but have many years of offering common sense advice and we recommend you should not rely on our Advice Note alone for making decisions. The national advice centre Energy Savings Trust is a good source of information.*

See <https://energysavingtrust.org.uk/>