Worthing mencap

In partnership with SGN

Keeping Warm for Less

A guide for households where vulnerable people live

- Advice on energy usage and reducing costs
- Information about how to join the Priority Service Registers
- Information about energy grants or discounts you may be eligible for
- CO (Carbon Monoxide) advice and safety







Worthing mencap

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SGN

Our two-year partnership project brings together Worthing, Croydon, East Kent and Reading Mencap, with SGN, to support people with a learning disability or autism to stay safe, warm, and financially resilient at home.

The project will provide intensive, one-to-one support to 2,500 individuals across East Kent, West Sussex, Croydon and Greater Reading who are most at risk from the health and financial impacts of living in a cold home. Delivered through trusted community networks, including warm spaces and inclusive venues, this personalised support helps individuals take practical steps to improve home safety, manage energy use, and build financial resilience.



Keeping your home warm and your energy costs low

Here are 9 tips to keep you warm and reduce your energy costs.

1. Heat one room at a time

Which room do you spend most of your time in? Heating just this room will keep your overall heating costs down. Turn off or lower the heating in rooms you do not use as much, or choose to heat different rooms at different times of the day instead of trying to heat your whole home all of the time.





2. Get rid of draughts

A draught is a space that allows cold air into or warm air out of a room.

Make sure the heat you are paying for stays in the space you are heating.

- Keep doors in your home closed
- Use draught excluders or rolled-up blankets to block gaps under doors



3. Use your windows

Let the sun come through your windows during the day to heat your room.

Close your curtains when the sun goes down to keep the warmth in the room.

4. Floors and walls

If you have hard floors, cover them with rugs, carpets, or even blankets, so they're warmer on your feet. They'll also block any gaps between slats on wooden flooring.



Move sofas and chairs away from external walls as it will make you feel colder.



5. Wrap up warm

Wearing more layers will keep you warm at home.

- Wear thick warm socks and slippers.
- Wearing a hat, gloves, scarf or coat indoors may make you feel at bit warmer.
- Wear lots of layers.



6. **Move around**

If you're mobile, moving around will make internal heat, which will help you to stay warm.

Break up periods of sitting down with periods of activity.

7. **Make hot food and drinks**

Eating hot food and drinking hot drinks raises your body temperature, so have frequent hot drinks and regular hot meals during the day.

The cheapest way to heat food and drinks is to only boil the water you need and use a microwave where possible.





8. **Use a heated throw, blanket or sleeping bag**

A heated throw or blanket is a good thing to buy to get cosy at home. A very cheap way of keeping warm. They are also portable so you can carry them around.

Other heated items like heated pads and floor mats and microwavable wheat bags are useful and cheap ways to keep warm at home.

9. **Warm Spaces**

Many local councils are making designated 'Warm Hubs' which are heated public spaces you can spend time in for free and keep warm.

Search if there are any in your area. If there aren't, many community buildings, such as churches, libraries and museums, offer free entry and activities. Some community venues might also offer cheap or free hot meals.

Worthing Mencap have a warm space called Buddys. It is a coffee shop in South Farm Road, Worthing. We sell tea, coffee, soft drinks, cakes and light snacks and we welcome everyone.

Visit our website for opening times: www.worthingmencap.org



Carbon monoxide and gas safety



What is carbon monoxide?



Carbon monoxide is a gas that is very dangerous and can harm you



You cannot see, taste or smell carbon monoxide



The symptoms of carbon monoxide poisoning are

- Headache and dizziness



- Feeling or being sick



- Collapsing or loss of consciousness



Contact us for free energy advice in West Sussex by emailing: wacsupport@worthingmencap.org or calling 01903 202030

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How to stay safe from carbon monoxide



Get your appliances checked every year



Have a carbon monoxide alarm and test it regularly



Do not block your air vents and make sure your appliances have air going through them



Turn off the appliance and get help if you think there is carbon monoxide in your home or if your alarm sounds

If you are concerned that there is carbon monoxide in your home or notice symptoms contact the National Gas Emergency Service on 0800 111 999



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Grants and benefits to help you pay your bills *

*information correct as of April 2026

If you receive Universal Credit, Personal Independence Payment, some other benefits or have a low income, you could be eligible for extra help with your energy costs, such as:



· **The Warm Home Discount Scheme** - £150 discount on your energy bills

· **Cold Weather Payment** - £25 during each cold weather period where you live

· **Crisis and Resilience Fund** - grants from your local council

· **Energy supplier grants** - speak to your supplier about any grants they can offer you

We can help you to look into these grants and discounts if you would find it hard to do it yourself.

Are you in debt with your energy supplier?



Some suppliers offer grants for customers in debt to pay off their energy bills. You can also use the grant search tool on the Turn2Us website to find other charitable organisations offering grants to households in need.

Priority Services Register

Households on the Priority Services Register receive extra help if their gas, electricity or water supply is cut due to planned work or in emergency situations.



It also helps you access additional services if you have a vulnerable person in the household.

We strongly encourage people with a disability to sign up to the Priority Services Register.



If you would like support to get onto the Priority Services Register speak with our team for help and advice.

wacsupport@worthingmencap.org
01903 202030

Worthing & Adur Connects Support is a free Information, advice & support service for adults (18+) with learning disabilities and/or autism or other lifelong disabilities, commissioned by West Sussex County Council. The service is available to individuals who live in the Worthing and Adur district, from Southwick to Worthing.

We are able to support with:

- Reading, understanding letters and bills
- Making phone calls
- Managing or applying for benefits eg Universal Credit & PIP
- Budgeting
- Housing
- General Information and advice
- Disabled bus pass applications (where eligible)
- Referrals for employment/volunteering support

Hub Support is available at:
Buddys - Monday – Friday: 10am – 2pm
The Shoreham Centre - Wednesdays: 10am-2pm

No appointment necessary but if you would like to arrange a specific time please get in touch using the details below.

WAC Support Team
Emma Wallace 07736 045527
John 07713 394028
Emma Morris 07841 042914
wacsupport@worthingmencap.org

Worthing and Adur Connects Support

Access to support for adults with a learning disability or other lifelong disabilities

wacsupport@worthingmencap.org

01903 202030

Buddys: Cafe & Information Hub

121 South Farm Road
Worthing, BN14 7AX

Charity Shops

111-113 & 117-119 South Farm Road
Worthing, BN14 7AX

www.worthingmencap.org

@WorthingMencap

Registered charity no: 1211189