

## Energy saving advice

Worried about Energy Costs? Call NEAL  
now!

Northeast Energy Advice Line

The Advice Service is:

- Independent
- Free
- Confidential
- Impartial

Call us now and we will:

- telephone you back with free and independent advice
- make an appointment for you to see an Energy Adviser if necessary
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Energy costs have gone up a lot this year, and with other prices going up as well, making sure you can stay warm and manage your energy and other bills is more important than ever.

To Help, Citizens Advice in the Northeast have set up a new Telephone Advice Service to give you specialist and independent advice. The Northeast Energy Advice Line can give you free, independent and up-to-date advice on:

- how to minimise your fuel costs
- dealing with problems with your energy supplier
- welfare benefits and grants you may be entitled to
- Warm Home Discount and Cold Weather Payments
- improving energy efficiency in the home
- Priority Services Register and other support
- and much, much more

**Call NEAL now on 01642 626106**

For further advice

<https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-a-better-energy-deal/choosing-energy-tariff/>  
[Ask CPAG | Fuel Rights Handbook 20th edition](#)



## **Cost of Living Support Patient information Leaflet**

Here at the practice, we are aware that the rise in cost of living is something that will affect many of our patients, their friends, family and loved ones that is struggling to come and speak with one of the team as we would like to offer support in any which way we can. You may want help be it emotionally, financially, or support accessing the internet to complete forms, or support in completing forms.

We know it can be daunting to try and find out what support is available, and we want to help. Some of you may find yourself in a position that you never thought you would be in, we are here to help you, your family and friends, you don't need to be a patient to access the help and support we can offer.

Within this leaflet you will find local information that may be of use to you.

## Food Banks

The practice works with Sunderland Foodbank we can issue vouchers if you need support, please just call in to the practice or

Telephone: 0191 521 2282 or

Email: [nencicb-sun.shcrp@nhs.net](mailto:nencicb-sun.shcrp@nhs.net)

For further information regarding foodbanks:

<https://www.citizensadvice.org.uk/debt-and-money/using-a-food-bank/>

Sunderland Foodbank <https://www.sunderland.foodbnk.org.uk>

Email: [coordinator@sunderlandfoodbank.org.uk](mailto:coordinator@sunderlandfoodbank.org.uk)

Further information regarding food banks and parcels can be found at Sunderland Information Point [Food banks and parcels - Sunderland Information Point](#)

## Warm Spaces in Sunderland

Public buildings are opened across Sunderland this winter to provide warm spaces for residents who may, be struggling financially, have had their health and wellbeing affected by Covid-19, or have been impacted by the cost-of-living crisis.

Sunderland City Council has teamed up with partners in the community and voluntary sector to provide these warm spaces across the city.

To find the nearest warm space and opening times online at:

[Warm spaces - Sunderland City Council](#)

Bethel Church  
Broadway Youth and Community Centre  
Community Opportunities Thorney Close  
Farrington Youth and Community Centre  
Grindon Church Community Project  
Kayll Road Library  
Lambton Youth and Community Hub  
Pallion Action Group  
Pennywell Community Centre  
Pennywell Neighbourhood Project  
Plains Farm Youth and Community Centre  
St David's Community Project  
St Thomas Hope 4 All Hub  
Sunderland and County Durham Royal Society for the Blind  
Sunderland Training and Education Farm  
Tea Pavilion Silksworth Park  
Youth Almighty Project