**For immediate release**

**Citizens Advice Epsom & Ewell is hosting two Big Energy Saving information events to help people cut their energy bills.**

Citizens Advice Epsom & Ewell is helping local people this winter by holding an information stand at Epsom Library and another at the Longmead Centre on how to get the best value for money from their gas and electricity.

The events are part of Big Energy Saving Week (21- 27 January), a national campaign run by Citizens Advice and the Department for Business, Energy and Industrial Strategy (BEIS).

The campaign aims to help people cut their energy costs by following a three-step rule - check, switch and save.

People are encouraged to check their current tariff and compare it with other suppliers, before switching to a cheaper deal if available. They are also given tips on making sure they’re saving energy in their home.

Citizens Advice Epsom & Ewell’s free energy saving events will take place at Epsom Library. The Ebbisham Centrefrom Monday 21 January to Saturday 26 January 2019. We will also be at the Longmead Centre on Tuesday 22 January between 10 AM and 12 PM.

Using Citizens Advice’s online energy price comparison [tool](https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-a-better-energy-deal/compare-gas-and-electricity-prices/), advisers can show people how to check they’re on the best tariff for their needs or if there’s a cheaper deal with a different supplier.

People can learn about making their home more energy efficient, for example by getting cavity wall insulation, draught excluders or double glazing. Advisers will be suggesting how to avoid using extra energy by not leaving the TV on standby or leaving lights on.

Advisers can also check whether energy customers are eligible for a discount from their supplier, for example if they are claiming certain benefits.

Those who can’t make the events can still follow Big Energy Saving Week’s three-step rule of check, switch, save at home. They can use Citizens Advice’s online price comparison tool to work out if they can find a cheaper energy deal elsewhere, or contact Citizens Advice for help. They can find out more on our website www.caee.org.uk

Lisa Davis, CEO of Citizens Advice Epsom & Ewell, said:

“Checking your energy tariff and switching to a cheaper deal is one of the quickest and easiest ways to cut your bills.

“Big Energy Saving Week is a great opportunity to get expert advice on how you can make savings before winter starts, from changing energy supplier to insulating your home.

“We would urge everyone to come down to the events, use our price comparison tool or contact our service for advice so they can start making savings.”

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**Notes to editors**

**About Citizens Advice**

The Citizens Advice service comprises a network of local Citizens Advice, all of which are independent charities, the Citizens Advice consumer service and national charity Citizens Advice. Together we help people resolve their money, legal and other problems by providing information and advice and by influencing policymakers.