



**One Parent
Families Scotland**
informing · supporting · inspiring

Energy Saving Pack

Lone Parent Helpline

Freephone 0808 801 0323



Lone parents, like many families on a low income, struggle to pay fuel bills and keep their energy use to a minimum.

This pack of fact-sheets covers:

- **Ways of using less power**
- **Sources of financial help with fuel bills & energy saving work**
- **How to deal with fuel debt**
- **Information on local advice agencies**

This pack is free and more can be ordered by calling OPFS Lone Parent Helpline on **0808 801 0323**.

OPFS Rights Guide & Fact Sheets

OPFS produces a range of publications including:

1. Rights Guide: 13 fact-sheets for lone parents covering benefit and tax credit entitlement, legal issues, housing options, child maintenance, childcare and useful addresses.
2. Specific Issues: holidays, young parents, lone fathers.
3. What happens to benefits as your child gets older: changes to benefits and tax credits as your child grows up.
4. Becoming a student: funding for further and higher education.
5. Trust Funds: trust funds for study, individual and family needs, holidays.

Save energy and money.

Call the Home Energy Scotland Hotline free* on

0800 512 012
or visit homeenergyscotland.org.uk



* Calls from landlines are free. From a mobile call 0300 456 2655 to be charged at local network rates.