

# Shocked by increasing energy bills?

Join our free online session giving practical tips to  
manage your energy costs.

Tuesday 22nd Feb 11am

We'll explain

Grants and support

Energy saving tips

Finding help if you are struggling

**To book a free place**

email [energyadvice@cadat.org.uk](mailto:energyadvice@cadat.org.uk)

visit

[eventbrite.co.uk/e/256792953637](https://eventbrite.co.uk/e/256792953637)

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