

Local Energy Advice Helplines

Stockton District Advice & Information Service - 01642 633877

Mon to Fri - 9am to 5pm

Independent advice on how to reduce energy costs and keep a warm home.

Age UK Teesside - 01642 805 500

Mon to Fri - 9am to 4:30pm

A personalised and free service to help people ages 50+ to improve their lives and finances.

Middlesbrough Environment City - 0800 304 7084

Mon to Fri - 9am to 5pm

The Affordable Warmth team provides free one to one energy advice on a range of areas.

Energy Advice Service by Northern Powergrid - 0370 145 1450

Mon to Fri - 9am to 5pm

Dedicated to help combat fuel poverty and provides advice and support to people experiencing difficulties with their energy costs.

National Energy Advice Helplines

National Energy Action - 0800 304 7159

Mon to Fri - 10.00 am to 12.00 pm

Working to ensure everyone in England, Wales and Northern Ireland is warm and safe at home.

Energy Helpline - 0800 074 0745

Mon to Fri - 9am to 8pm, Sat/Sun - 9am to 5pm

A price comparison advice service that is focussed on putting consumers first and ensuring that energy switching is swift, simple and hassle free.

Age UK Advice Line - 0800 678 1602

Every day - 8am to 7pm

Reliable and up to date information for older people and their families.

Citizens Advice Consumer Helpline - 0808 223 1133

Mon to Fri—9am to 5pm

Independent advice on how to reduce energy costs and keep a warm home.

Simple Energy Advice - 0800 444 202

Mon to Fri: 8am to 8pm, Sat/Sun: 9am to 5pm

Impartial and independent advice to help you reduce your energy bills, make your home warmer and greener, and plan home improvements.

