# 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
visit
eventbrite.co.uk/e/256792953637
or scan the QR code below

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