

My Energy My Life

Other resources to use

Handout for 'My Energy My Life' training

The Friendly Information Company has worked closely with self-advocates from Speakup Self Advocacy to develop this training package and think about energy saving and how to keep warm and stay out of fuel poverty.

Speakup Self Advocacy has some useful resources, which they are happy to share with The Friendly Information Company and the Northern Powergrid Community Energy Seed Fund at the Community Foundation serving Tyne & Wear (the funders) and Northumberland; and this will support training on energy efficiency.

Please go to the website www.speakup.org.uk and follow the links **resources** pressing on the button for **'Save It'**

In this section there is some energy saving workbooks and DVD's showing how to check your tariff and showing a young man living alone; thinking through how to keep his energy bills lower and still keep warm.

Speakup would also like to share with The Friendly Information Company that they are currently working with the University of Sheffield on a project called **'Be Warm Be Happy'**; interviewing people with learning disabilities and researching around how they are keeping their homes and themselves warm during the cold weather. This research will continue for a further year and when the findings are known we will make sure that The Friendly Information Company has these findings to include with the **'My Energy My Life'** training package.

The Friendly Information Company

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