Here are some suggested words to go alongside your social media posts, we hope you find these helpful, but please feel free to use your own. Instagram doesn't support links within the captions so may want to amend the text to direct people to the links in the image itself.

By signing up to SSEN’s free Priority Services Register you can access extra support during a power cut. The dedicated Priority Services line is available 24 hours a day.

• If you live in England click here to register: www.thepsr.co.uk

• If you live in Scotland click here to register: www.psrscotland.com

SSEN’s free Priority Services Register supports those with chronic illnesses, mental health, young children and more. Find out how you can access additional support:

• If you live in England click here to register: www.thepsr.co.uk

• If you live in Scotland click here to register: www.psrscotland.com

Do you have a neighbour, friend or family members who would struggle if the power was off? By registering for SSEN’s free Priority Services, a dedicated team will contact you, or your nominated contact if they need to switch off your power to carry out essential maintenance.

• If you live in England click here to register: www.thepsr.co.uk

• If you live in Scotland click here to register: www.psrscotland.com