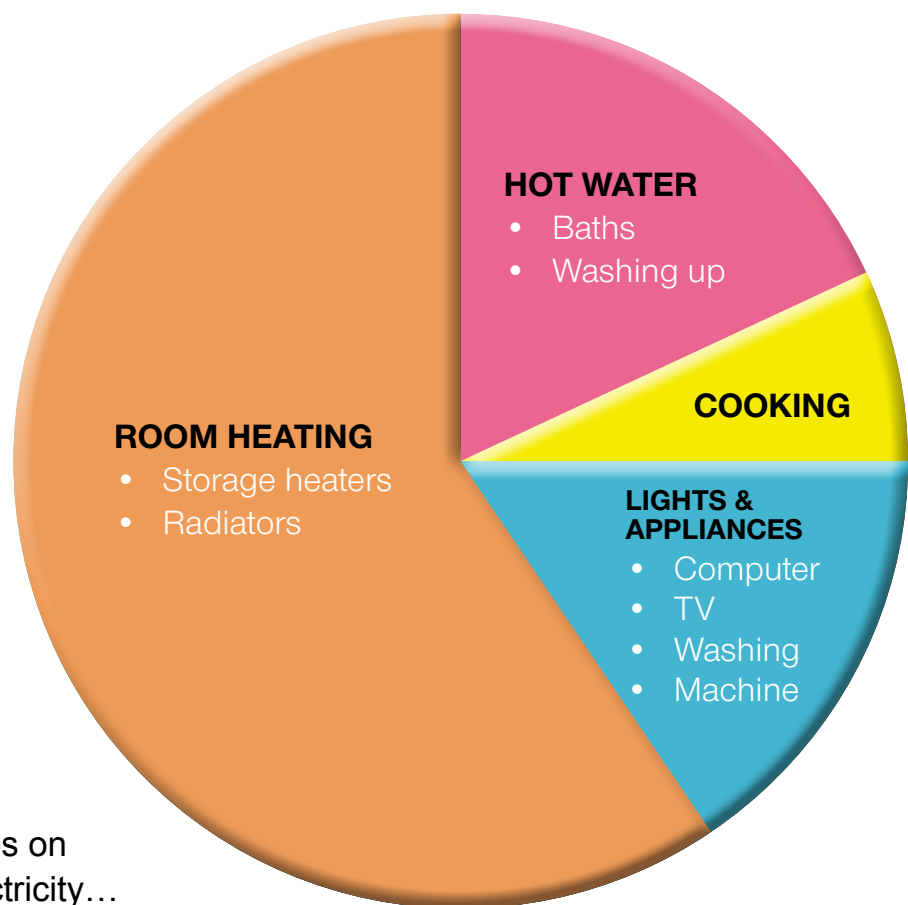


Save Money on your Gas and Electricity

There are three ways to spend less on your gas and electricity:

1. Use less gas and electricity
2. Get cheaper gas and electricity
3. Find out about what benefits or grants you can claim

Here is how most people use gas and electricity in their homes



Look inside to see our top tips on how to use less gas and electricity...

Use less gas and electricity

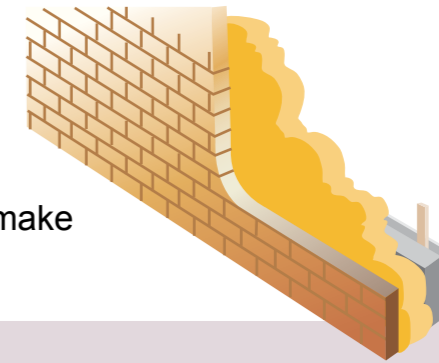
Loft space

- Make sure your loft is insulated. Phone **0808 808 2282** to find out more information about this.



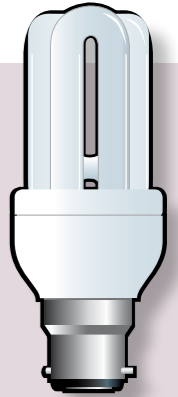
Exterior wall

- If you have cavity walls, make sure they are insulated.

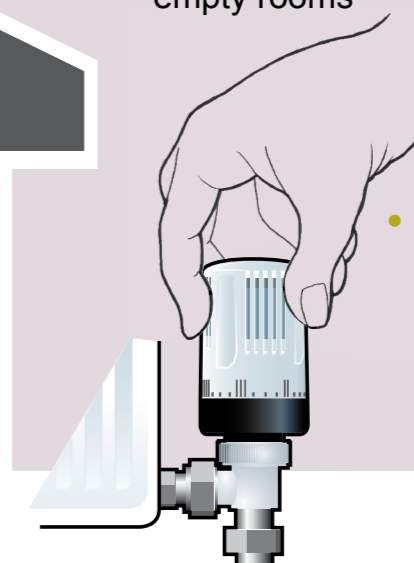


Bedroom

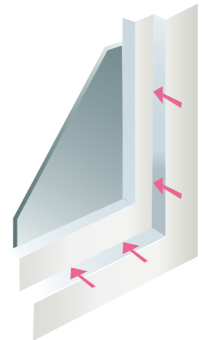
- Switch off lights in empty rooms



- Know how to use your heating properly – see Gas Radiator, and Storage Heater sheets

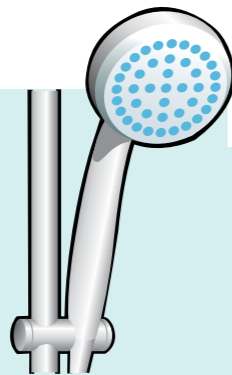


- Make sure windows and doors are draught proofed.



Bathroom

- Use showers instead of baths
- Take shorter showers

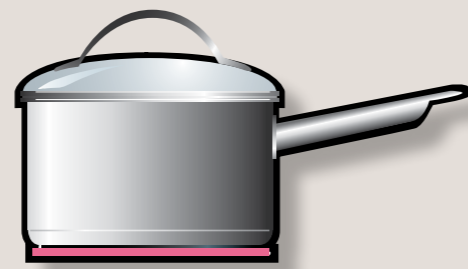


Kitchen

- Wait until you have a full load of washing before using your washing machine
- Set your machine to between 30 and 40 degrees



- Only fill the kettle with as much water as you need

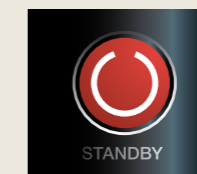


- Cook with lids on pans and match the hob ring size to the pan size

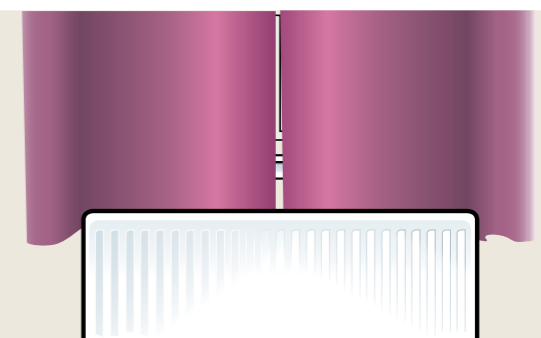
Living Room



- Look for this logo when you buy new appliances



- Turn electrical appliances off – don't leave them on standby.



- Close your curtains at night
- Don't block your heaters.

Get cheaper gas and electricity

If you are having trouble paying for your gas and electricity here are some things you can do:

- Find out if your gas and electricity company can give you a cheaper rate
- Find out if you can save money by changing how you pay - see 'Ways to Pay...' advice sheet.

Speak to your gas and electricity company

- Find a cheaper gas and electricity company

Check online or phone your gas and electricity company to see what they can offer

Find out about what benefits or grants you can claim

- Make sure you are getting all the benefits you can claim. Speak to your local **Citizens Advice Centre** or **energy advisor** - see the Useful Contacts below.
- Grants are available for insulation and new heating systems.
- Phone **Changeworks' Affordable Warmth Services team** on **0800 870 8800**

Useful Contacts

Changeworks' Affordable Warmth Services **0800 870 8800**
National Debtline **0808 808 4000**

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