



# Cutting the cost of keeping warm

We understand how difficult it can be when energy bills start to rise. By making some small, simple changes we can all save money while staying safe and well.

## Save money when cooking

When cooking, put a lid on your pan as this can save you money on your energy bill. Putting a lid on your pan allows water to boil faster and the lid keeps the heat in the pan, rather than letting it escape, speeding up cooking time and helping you use less energy.

Slow cookers save money! Slow cookers are an extremely efficient way to cook, you can batch cook meals. Likewise, microwaves and air fryers are also great alternatives to using ovens.

## Switch off your appliances

Turning off lights and switching appliances off standby when not in use can save **£52** a year on energy bills.

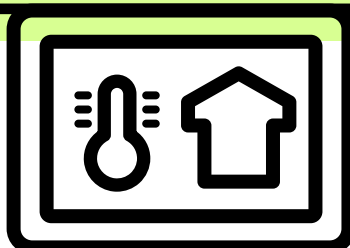


## Do not over fill

Only boil as much as you need, overfilling your kettle wastes energy.



## Turn down your thermostat



By turning down your thermostat from 22°C to 21°C, you could save **£90** on your energy bills.

Wash on eco or 30°C or cooler cycles when you can. Washing at 30°C rather than higher temperatures could save **£12** a year

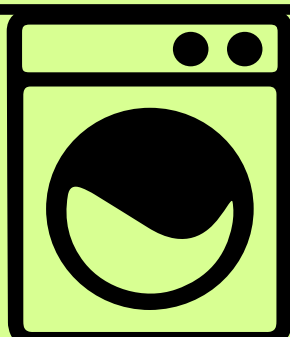
## LED lights

Switch your lights to energy-friendly LED light bulbs. If you are able to replace your old light bulbs with LEDs, you could save around **£40<sup>4</sup>** a year and as a bonus, they last five times longer



## Full load

Only wash with a full load, cutting back on just one washing cycle a week can save you an additional **£12** a year and further savings on metered water bills.



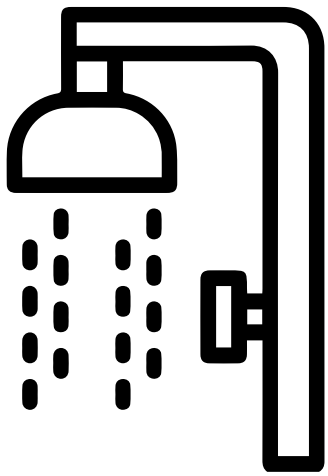
## Use a washing bowl

Using a bowl to wash up rather than a running tap can save you money on your energy and water bills if you have a water meter. You only need to run a typical tap for 95 seconds before you would have filled a washing up bowl.<sup>5</sup>

## Take shorter showers

Spending just one minute less in the shower can save **£16** a year in a typical household and uses far less energy than taking a bath. Sticking to 4-minute showers could save a typical household **£60** on energy bills and around **£75** on metered water bills every year.<sup>6</sup>

Replacing an inefficient shower head with a water-efficient one can reduce your yearly gas bill by **£25**. If you have a water meter as well, you can save another **£35** – that’s a total saving of **£60** each year.<sup>7</sup>



## Maximise your income

Every year, millions of households miss out on thousands of pounds worth of benefits, that they are entitled to. Turn2us’s benefit calculator easily and quickly identifies any benefits you are entitled to claim to increase your income.

Visit: [benefits-calculator.turn2us.org.uk/](https://benefits-calculator.turn2us.org.uk/)

We’re committed to helping our customers keep safe and well. We work with a number of services and organisations that can provide help and support on energy fuel efficiency.



## Safer Homes Carbon Monoxide Alarms

Fitting a carbon monoxide (CO) alarm in your home is a great way of keeping you and your family safe from the dangers of (CO). CO is an odourless, tasteless, and invisible gas that is dangerous, and can be created from faulty gas appliances.

The Safe Homes programmes offers households a free CO alarm (maximum of one per household). Scan the QR code to request an alarm or visit: [client.simplythankyou.co.uk/co2neutral/login.php](https://client.simplythankyou.co.uk/co2neutral/login.php)

Please use the below details when requesting your free CO alarm:  
**Username = coalarms Password = Saferhomes123**



## Help and support with energy bills



### National Energy Action (NEA)

If you need advice and support on your energy bills, please visit: [nea.org.uk/get-help](https://nea.org.uk/get-help)



### Citizens Advice

If you need information on grants and benefits to help you pay your energy bills, please visit: [citizensadvice.org.uk/consumer/energy/energy-supply/](https://citizensadvice.org.uk/consumer/energy/energy-supply/)



### Groundwork

If you need help with saving money on your energy bills or improving efficiency within your home, please visit: [groundwork.org.uk/energy-efficiency-and-fuel-poverty/](https://groundwork.org.uk/energy-efficiency-and-fuel-poverty/)



### The Priority Services Register

The Priority Services Register (PSR) is a free service that helps energy companies to look after customers who have extra communication, access, or safety needs. It helps us tailor our services to support households who need extra help with everyday energy matters like bills, and also in the unlikely event of a power cut or gas supply interruption.

Find out if you are eligible and register at: [thePSR.co.uk](https://thePSR.co.uk)



1. This saving includes all appliances, consumer electronics, lights and chargers that have been left on standby mode or have been left on and not in use.  
2. Based on turning down a room thermostat from 22 degrees to 21 degrees in the main living areas.  
3. Based on the average energy use at different temperatures from lab testing of 55 washing machine models. Energy use was monitored on an empty load.  
4. Based on a typical three-bedroom semi-detached house, with an 89% efficient gas boiler and average gas tariff of 6.2p/kWh and electricity tariff of 24.5p/kWh.  
5. Based on filling a 10 litre washing up bowl compared with a 12.65 litre/min kitchen tap at 50% of its full flow.  
6. Based on an average shower flow rate of 9.82 litres a minute used 0.75 times per person per day in a 2.4 person household.  
7. Assumes that a household replaces a 9.82 litre a minute shower head with a 7.7 litre a minute shower head.