

Are you struggling with utility bills?

If you are on a low income, a pensioner or on particular benefits you may be entitled to certain discounts and schemes to reduce the cost of your utility bills such as Warm Home Discount worth £140, Water Help or Water Sure.

You may also be entitled to join the **Priority Services Register** - a free utility support service to help people in vulnerable situations.

Call one of our friendly Energy Champions to have a chat about your options.

*We will need details of your current supplier or a recent bill

07878 126 096 money@advice4renters.org.uk



Old fashioned light bulbs are far less energy efficient than modern LED bulbs. An LED bulb costs around £3-£4 but lasts a lot longer.



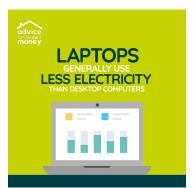
Most washing machines and washing detergents can work just as well at 30 degrees. By reducing the temperature of your wash you can make a saving on your electricity bill



Running a tap to hand wash items is the quickest way to waste water. Always use a washing up bowl instead.



A shower uses much less water and energy than a bath, but you can save even more by reducing the amount of time you spend in the shower.



If you are thinking about buying a computer and can't decide between a laptop or a desktop computer, then consider which needs less electricity to run. Whichever you choose, remember to always to switch it off rather than leave on standby.



Tumble dryers are extremely expensive to run and so you should only use them if you are unable to dry your clothes outside. If you must use your tumble dryer then try reducing the amount of time you set it for.



Get to know your thermostat! Start by turning it down by a degree or two and see if you notice the difference.



Even on standby mode items such as TV sets, games consoles, microwave ovens, computers etc use electricity. By switching these items off at the wall when they are not in use you will save you money on your electricity bill.



There are lots of things you can do to save the amount you spend on your fuel bills. Comparing deals from a range of suppliers is a good first step if you have never switched before. You should also see if there is a discount for managing your account online.



A full kettle uses more energy and takes longer to boil than one with less water in it. By only filling it up with the just amount of water you need each time you will save on gas/electricity as well as on your water meter. Plus you will get to drink your cuppa much quicker.



You'll be amazed at how much you can save just by switching off lights when you leave a room – make sure you share this tip with the younger members of your household.



Switching baths for showers, turning down your thermostat, using a timer and only heating rooms you are using will all help you save on your energy bills.



As dishwashers can be expensive to run you should always ensure they are full before using them. If you only have a few items, using a washing up bowl to wash by hand will save you money.



If you leave pots and pans uncovered when you cook they take longer to heat up and so use more energy. They will also create more steam and so could create to condensation.



By simply replacing your halogen downlighter with an LED you could save money. They last a lot longer too

(With thanks to BPHA)