

FURTHER INFORMATION SOURCES:

Martin Lewis Money Saving Expert

<https://www.moneysavingexpert.com/utilities/energy-saving-tips/>

Gateshead Council information

<https://www.gateshead.gov.uk/article/21552/Help-with-your-energy-bill>

Help with Bills – energy help scheme guide from Uswitch

<https://www.uswitch.com/gas-electricity/guides/energy-help-schemes/>

Energy Savings Trust – tips to save energy ad much more

<https://energysavingtrust.org.uk/hub/quick-tips-to-save-energy/>

Centre for Alternative Technology – energy efficiency and retrofit advice

<https://cat.org.uk/info-resources/free-information-service/green-living/energy-saving-at-home/>

Find your Home Energy Performance Certificate

<https://www.gov.uk/find-energy-certificate>

Private rented housing team Gateshead Council: 0191 433 2350
privatesectorhousingcivic@gateshead.gov.uk

National Energy Action <https://www.nea.org.uk/>

Centre for Sustainable Energy

<https://www.cse.org.uk/advice/advice-and-support/night-storage-heaters>

Recyke y'Bike <https://recyke.bike/> offer refurbished and donated bikes at reasonable prices.

Leaflet produced by Transition West Gateshead

www.facebook.com/transitionwestgateshead/ and Strathmore Road

Methodist Church, Rowlands Gill

<http://facebook.com/SRMchurch>



Strathmore Road
Methodist Church

Follow our low-cost and no-cost tips to

SAVE ENERGY & SAVE MONEY



✓ Lights & Kitchen

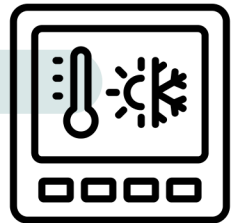
- Switch off lights you don't need.
- Mark your kettle with a felt pen - one cup, two cups. Only boil what you need.
- A microwave is a very cheap way to cook.
- Pull the fridge away from the wall so that it works better.

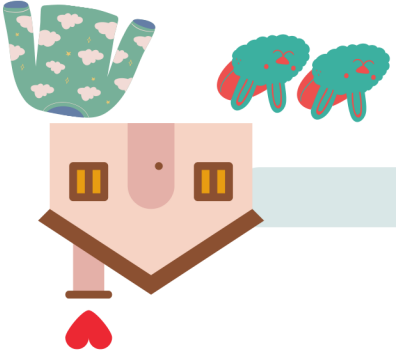
- Use LED lightbulbs, especially 50W and 35W downlights in kitchens and bathrooms

✓ Hot water

- Washing clothes – wash at a low temperature e.g.30 degrees.
- Only wash your clothes when they need it.
- Dry washing on a washing line outside if you can instead of using a tumble drier
- Try to stay in the shower just 3 or 4 minutes.
- Turn off the 'pre-heat' button on the hot water from your combi (gas) boiler

- If you have a hot-water tank, cover it with an extra insulation jacket (from a DIY shop)
- You can buy a water saving shower head and sink tap fittings.
- A 'Smart' immersion heater will only heat up when it needs to.



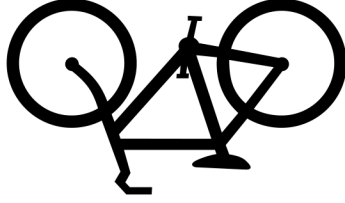


Heating your home

- Close all your curtains/blinds as soon as it gets dark.
 - Bleed your radiators every year so that they work better.
 - Turn off radiators in unused rooms and shut the doors.
 - Set your heating controller so it's on when you need it and not on when you're out.
 - Try turning down the temperature on your central heating thermostat, but make sure you are comfortable (18 degrees minimum).
 - Install thermostatic radiator valves on all of your radiators so that you only heat the spaces you need to.
 - Clean your gutters and downpipes to stop damp walls.
 - If you are in a rented house or flat check the Home Energy Certificate - see back page. Get in touch with the Council if it's too low.
 - If you have night storage heaters see the Centre for Sustainable Energy's advice page.
- Draught proof doors and windows.
 - Draught proof letterbox and keyholes.
 - Install cheap plastic film double glazing
 - Put a "chimney balloon" into chimneys you do not use.
 - Get your central heating boiler serviced.
 - If you have a Combi-boiler ask the heating technician to reduce the flow temperature to 60 degrees C
 - 'Smart' thermostats and controllers can save a lot of energy.
 - Get extra loft insulation up to current standards (at least 12" – 30cm) if you can.
 - Make sure you have lots of bedclothes for cold winter nights.

Transport

- Walk the kids to school to save petrol, if you can.
- If you have a roof rack on the car, take it off. It uses more petrol.
- If you're driving, speed up smoothly and watch the traffic to start braking in time.
- Get a bike for travel - try Recycle y'Bike for second hand bikes.
- Find out about bus multi-ticket options.



Electrical goods

- Switch off anything you are not using - computers, TVs etc. at the plug.
- Do not leave things on standby. Make sure your PC/laptop/tablet/phone is set to 'energy saving' in settings.



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