

Ten steps to save energy around the home



With energy prices at an all-time high and the impacts of climate change being felt across the globe, these steps to save energy around the home could help protect our pockets and our planet...

- 1. Unplug appliances.** Turn appliances off standby by switching them off at the wall where you can.
- 2. Switch off lights.** Turn off lights when you're not using them or when you leave a room.
- 3. Replace old bulbs.** When it's time to change a lightbulb fit a low energy bulb in its place.
- 4. Think before you fill.** Only fill your kettle with the water you need.
- 5. Wash at 30°.** Wash your clothes at 30 degrees and, if you can, use one less cycle a week.
- 6. Dry laundry outside.** Dry washing outside or on a clothes rack rather than in a tumble dryer.
- 7. Shower don't soak.** Swap baths for short showers (reduce showers by just 1 minute to save even more).
- 8. Wait for a full load.** Only use your dishwasher and washing machine when they're full.
- 9. Keep out draughts.** Draught-proof your windows and doors and close curtains at night to keep the warmth in and the cold out.
- 10. Turn down your thermostat.** Turn your heating down by just 1 degree (if comfortable to do so) and cut heating bills by around 10%.

Combined, these small changes could lead to some big savings. How much you save will depend on your individual household – but it's estimated that these simple steps could reduce your energy bills by more than £300 a year.

For more help on how you can reduce energy bills, visit dorsetcouncil.gov.uk/energy-saving-advice

For **free, independent and confidential** advice on cost of living help, you can also contact our partners:



Citizens Advice in Dorset

Visit citizensadvisedorset.org.uk

Call 0800 144 8848



Age UK (for over 55s)

North, South and West Dorset

Visit ageuk.org.uk/northsouthwestdorset

Call 01305 269444



Age UK (for over 55s)

Bournemouth, Poole and East Dorset

Visit ageuk.org.uk/bournemouthpooleeastdorset

Call 01202 530530



Want to get online?

Call the digital hotline on 01305 221048 to book an in-person session with a digital champion at one of our libraries.

Cost of living help



If money is tight and life is worrying you, **act early** to prevent small problems turning into bigger ones.

We are working with your local Citizens Advice and Age UK to help you.



Help and advice

Citizens Advice and **Age UK** (for over 55s) offer free, independent, and confidential advice and support. If you need to talk to someone, whatever problems you are facing, do contact them first.

Find out more and how to apply for everything in this leaflet, online at dorsetcouncil.gov.uk/cost-of-living-help or use the links and telephone numbers below.

Accessing food

Don't skip meals to pay bills. Find your nearest foodbanks, community fridges and affordable food.

Visit helpandkindness.co.uk/food-projects or call 01305 595958

Call **Citizens Advice** 0800 144 8848 or visit your local Citizens Advice office

Benefits

Claim benefits for the first time or check if you are getting everything you are entitled to.

Visit dorsetcouncil.gov.uk/benefits or call 01305 211970

Council Tax

Problems paying your Council Tax or check if you can claim Council Tax Support.

Visit dorsetcouncil.gov.uk/counciltax

If you live in **East or North Dorset**, call 0345 034 4569

If you live in **Purbeck, West Dorset and Weymouth or Portland**, call 01305 211970

Household Support Fund

The Household Support Fund opens for applications at various times throughout the year.

Visit dorsetcouncil.gov.uk/household-support-fund or call 01305 221000 for more information

Extra money for older people

If you are on a low income, check if you can claim Pension Credit. It helps with Council Tax, NHS treatment, heating costs and more.

Visit gov.uk/pension-credit or call Pension Service helpline 0800 731 0469



Housing

Homelessness support, housing register (social housing) and general housing advice.

Visit dorsetcouncil.gov.uk/housing/homelessness or call 01305 211000

Managing your money

Budgeting and managing debts or unpaid bills.

Visit citizensadvice.org.uk/debt-and-money or call 0800 144 8848 or visit your local Citizens Advice office

Mental health and wellbeing

Tips on wellbeing and support if you need to talk.

Visit publichealthdorset.org.uk/mental-health or call Connection (NHS) available 24 hours a day 0800 652 0190

In a **life-threatening** situation always call 999.

Support for children

Check your eligibility for free school meals, healthy start vouchers and childcare funding.

Free school meals

Visit dorsetcouncil.gov.uk/free-school-meals or call 01305 221090

Healthy Start vouchers

Visit healthystart.nhs.uk/how-to-apply or call 0300 3307010

For childcare funding

Visit dorsetcouncil.gov.uk/childcare-funding-options or call 01305 221066

Utility bills

Contact your supplier for help in the first instance if you can't pay your gas, electricity, phone/broadband or water bills, and for information about lower tariffs for eligible people.

For advice and guidance on energy call **Citizens Advice Energy Unit** 01929 775500 or email energy@edpcitizensadvice.org.uk

Work worries

Advice on your employment rights if you worried about your work.

Visit citizensadvice.org.uk/work or call **Citizens Advice** 0800 144 8848 or visit your local Citizens Advice office