

**actonenergy**  
save money and the environment

Act on Energy is an independent organisation based in Warwickshire, dedicated to educating the public in the problems associated with climate change and other energy issues. We also provide householders and small businesses in the surrounding region with realistic solutions to reduce energy use.

**Free Advice Line**  
**0800 988 2881**

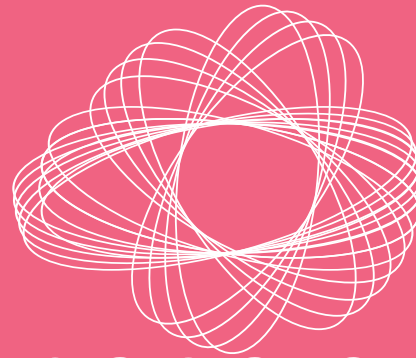
**Get In Touch**

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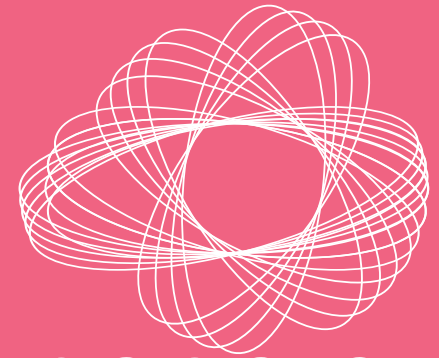
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**Stay Warm  
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## Affordable Warmth in Your Home

Cold weather and potentially higher fuel bills are a worry to us all. This leaflet has been developed to give you a basic guide on how to reduce your fuel bills and where to go for help if you are

having difficulties paying your fuel bills.

## Keep Warm and Healthy

To avoid risking your health you should ensure that the temperature of the room that you spend most of the time in (e.g. the living room) is between 18°C and 21°C. In other rooms such as the bedroom, the temperature should be 18°C.

## How Can You Reduce Your Fuel Bills and Keep Warm?

Reducing the heat lost from your home will save you money and keep your home warmer for longer.

Installing cavity wall insulation could reduce your fuel bills by £160 and installing 10-11 inches (270mm) of loft insulation into an empty loft could save you up to £200. Funding is available to everyone to help with insulation. For help with finding funding in your area call Act on Energy FREE on 0800 988 2881.

## Did You Know?

By ensuring that you have insulation on your hot water tank you could halve your hot water bill. For a family of four that could save £100 if your hot water tank is currently uninsulated.

Letting curtains hang over radiators acts as a funnel and lets heat escape out through the windows. Make sure that curtains are tucked behind radiators.

With proper draught-proofing you could save around £20 a year.

## Access Government Funding

There is direct help available from the government in the form of Winter Fuel Payments, Cold Weather Payments and Warmfront Grants.

**Winter Fuel Payment** This is a tax free benefit available to those aged over 60. You can receive £200/£250 if over 60 and £300/£400 if over 80. It gets paid automatically in November/December. If you have not had a payment before you can contact the helpline 0845 915 1515.

**Cold Weather Payment** The Cold Weather payment is made when the average temperature is recorded as 0°C (32°F) or below over 7 consecutive days. The payment is made automatically and is a one-off payment of £25. You are entitled to receive this payment if you receive; pension credit; income support with a child under 5 years old in your family; income support with a pensioner premium; income support with a disability premium; child tax credit with an element for a child/young person who is disabled.

If you have not received a payment contact the local pension service or Jobcentre Plus.

**Warmfront Grants** This is a government funded scheme run by Eaga that provides grants for heating and insulation for people living in their own or privately rented homes. The funding is only available to those in receipt of certain means tested benefits.

## Priority Services Register (PSR)

If you are over 60 you can ask your energy supplier to put you on the PSR. This entitles you to a variety of services and if you are on means-tested benefits you can get a FREE annual gas safety check.

## Are You Having Problems Paying Your Fuel Bills?

If you are having problems paying your fuel bills it is important to contact your supplier as soon as possible. Ask them what help they can give you. Your local Citizens Advice Bureau team will be able to offer debt advice and help with benefits.

## Low Cost Tips

- Check that furniture isn't too close to radiators or storage heaters
- Fit reflective panels behind radiators on external walls. They can be purchased from DIY stores or made from kitchen foil stuck to cardboard
- Set the hot water tank thermostat to no more (and no less) than 60°C
- If your hot water can be timed separately from your heating set the timer to heat water for when you need it, and turn it off again when the tank has got up to temperature (approx, 1 hour)
- Keep rooms well ventilated and ensure that cooking and heating appliances are serviced at least once a year by a registered engineer

## Useful Tips

- Have a flu jab as flu can be a serious health risk
- Eat at least one hot meal a day
- Use low energy bulbs as they use only ¼ of the amount of energy of an ordinary bulb and they last up to eight times longer
- Try to dry clothes naturally outdoors rather than using a tumble dryer
- Fit an audible carbon monoxide alarm. If you are worried about an appliance stop using it and get it checked by a professional

Save on your heating bills call Act on Energy **FREE** on:  
**actonenergy 0800 988 2881**

