

ARE YOU WORRIED ABOUT ENERGY USAGE IN YOUR HOME?



**Does your home feel cold and damp?
Are your energy bills too high?**

GET FREE HELP NOW

Keep your home warm by getting free help and advice on your gas and electricity bills.

Contact Our Newham Money for urgent help 020 8430 2041.

WE ARE NEWHAM.

SIGNS TO LOOK OUT FOR

- Your home feels cold, damp or draughty
- Needing to wear lots of clothes indoors
- Having to stay in bed to keep warm
- Asthma or a persistent cough
- Higher than expected energy bills



Save energy and keep warm by getting help and advice

Our Newham Money

Energy vouchers are provided to applicants with prepayment meters without electricity/gas or at risk of having their fuel supply cut.

Tel: **020 8430 2041**

Citizens Advice

Call **020 8525 6379**. Lines are open at the following times:

Tuesdays and Wednesdays: 10am-1pm.

Warmer Homes Programme

Get free advice and support if you're having trouble paying to keep your home warm.

Services include:

- telephone advice and home energy visits
- support with energy bills and debts
- grants of up to £20,000 per household to improve insulation.

www.london.gov.uk/warmerhomes

SHINE

SHINE (Seasonal Health Intervention Network) is a free energy advice service for Londoners. They have a dedicated helpline to ensure households can maximise their energy efficiency and reduce their energy bills.

Call **0300 555 0195** or email shine@islington.gov.uk

Energy Company Obligation (ECO)

ECO is a scheme offering energy saving improvements to eligible households.

You may be able to get help with the cost of:

- insulation work – for example to your loft or cavity walls
- replacing or repairing your boiler – or other upgrades to your heating.

The work offered can depend on the supplier used.

You can find details of suppliers here:

www.ofgem.gov.uk/eco

Water bills

Thames Water's WaterSure bill cap and WaterHelp schemes help households in need of extra support; this includes low income households, households with large families and those with a water-dependent medical condition.

Find out more:

www.thameswater.co.uk/waterhelp

Warm Home Discount Scheme

You could get £150 off your electricity bill under the Warm Home Discount Scheme (it reopens in November). Find out more at www.gov.uk/the-warm-home-discount-scheme

Winter Fuel Payment

You can get between £250 and £600 to help pay your heating bills if you were born on or before 5 July 1956. Find out more at www.gov.uk/winter-fuel-payment

Mayor of London's Cost of Living Hub

This hub contains a wide range of information about benefits, grants and discounts that may be available to you.

www.london.gov.uk/what-we-do/communities/help-cost-living

Translated leaflets

www.nea.org.uk/get-help/advice-resources

ENERGY SAVING TIPS



Save around £80 a year just by remembering to unplug your appliances and not leaving them on standby mode



Save about £35 a year on bills by replacing all of your old bulbs and halogens with LEDs



Only fill the kettle with the amount of water that you need and save around £7 a year



Turning down your thermostat by just 1°C can save between £80-£100 a year



Turn your lights off when you're not using them. This will save you around £15 on your annual energy bills



DIY draught-proofing of windows, doors and filling holes in floors can save up to £25-£35 a year on heating bills



Washing your clothes at 30°C can help you save a significant amount of money on utility bills



When buying new appliances check the energy label to make sure you're buying an efficient product



For information on support available visit:
www.newham.gov.uk/energyefficiency

For any physical and or mental health concerns call **NHS Direct 111** on where to get help or talk to your local pharmacist.

