



SOUTH DEVON RURAL
HOUSING ASSOCIATION LIMITED



Energy-saving ideas
for your home
that won't
cost the
Earth

**Help for
Households**

**OUR GUIDE FOR TENANTS ON HOW TO KEEP YOUR
HOME COSY & DRY WITHOUT BREAKING THE BANK**

It IS possible to keep your home warm and dry on a tight budget



“After visiting a tenant and hearing her concerns about energy costs, I felt it would be good to give our readers some timely tips on energy use on a tight budget.

“On the next three pages we suggest ways to stay warm and reduce condensation, but without costs going through the roof. These self-help ideas, and other valuable cost-of-living hints, can be found on the Help for Households website – see link below”.



Cutting your energy costs without cutting corners...

The tenant who spoke to Christine Candlish said she had switched OFF her extractor fan to save electricity. According to experts, the average extractor fan costs around £6 PER YEAR to run. Condensation can cause costly damage to your home, so it's advisable to use your extractor fan and find better ways to cut down on energy use. You'll find ideas galore in this leaflet.



Turning off appliances at the socket can save you up to £50 a year

Almost all electrical appliances in your home, such as computers, televisions, smart devices, video game consoles – even hair dryers – draw some power continuously unless unplugged.

Turn off the power switch at the socket or unplug appliances from the socket when they are not in use. Don't leave TV sets and radios on standby mode. Switch them off when you're not actually watching or listening.



Help for Households

Online Government advice for householders is freely available at:
<https://helpforhouseholds.campaign.gov.uk/>

Using your tumble dryer less could **save you up to £50 a year**

Tumble dryers are one of the most energy-intensive devices in the home. Use your tumble dryer less frequently by ensuring you have a full load, around three-quarters of the drum. You should also avoid overfilling your dryer, as this could extend the drying time and use more energy. You can also try using a clothes airer to dry clothes outside, or inside with a window open for ventilation.



Turn down radiators in rooms you aren't using to **save up to £50 a year**

When you're not using rooms, turn your radiator valves down to a lower setting.

Turning off radiators completely in rooms you are not using is less energy efficient as this means your boiler has to work harder to maintain the temperature of a room you are heating than if kept at a low setting. Turning off radiators can also cause issues with mould and damp.

People over 65, children under 5 and those with pre-existing health conditions are more vulnerable to cold temperatures. Make sure you are warm enough and have a minimum indoor temperature of 18°C (setting 2 or 3 on your radiator valves) to ensure you're healthy and comfortable.



Reduce your boiler flow temperature to **save up to £60 a year**

If you have a Combi boiler, its efficiency can be improved by adjusting the 'flow temperature' dial/setting to 60 degrees.

Reducing flow temperature isn't the same as turning down the thermostat. It won't noticeably reduce the temperature of your home but may take longer to heat up.

If you're over 65, or have pre-existing health conditions, you may want to set a slightly higher flow temperature of 65°C to ensure your home warms more quickly.



Switch to LED bulbs to **save up to £40 a year**

Traditional or incandescent light bulbs are very inefficient. By switching to energy efficient bulbs, such as LEDs, you can save money on your energy bills while keeping your rooms well lit. LED light bulbs also last longer than traditional bulbs, saving on maintenance costs. The amount of light, or colour of the light (white to yellow) is not linked to a bulb's energy usage, so you can get the same light at a much lower energy cost.

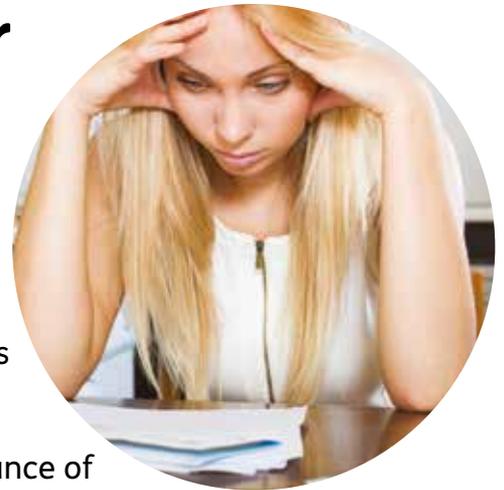


YOU'RE NOT ALONE. OTHER SOURCES OF HELP ARE AVAILABLE

Help with energy and other household bills

If you're constantly watching the pennies when it comes to keeping your home warm and dry, it stands to reason that you're under a lot of financial pressure and so may be entitled to Government help with paying other household bills.

The Help for Households website offers a wide variety of solutions apart from energy-saving advice. These include claiming extra benefits, cost of living payments, winter fuel payments and cold weather payments. If you're claiming benefits, there's even a chance of help with your phone and broadband payments. To check out the help that's on offer, go to: <https://helpforhouseholds.campaign.gov.uk/>



SDR may be able to help too. Just give us a call...



In these challenging times, many people face steep rises in their energy bills. This can have a worrying impact on family finances, affecting your ability to afford other regular outgoings like rent. SDR are aware of these issues and we want to work sensitively with you if you fear falling into financial difficulty. Paying your rent is a condition of your tenancy, and we'd advise that you prioritise paying your rent where you can. If you're struggling, don't suffer in silence.

Please get in touch with us promptly.

We can offer a friendly listening ear, whilst offering information, and signposting you to services that may improve your situation.

We may also be able to help with minor improvements to your home – like draught-proofing, insulation, replacing faulty or old extractor fans or radiator thermostats to help you keep your home warm and cosy this winter.

You can call us on: **01803 863550** or email us at: housing@southdevonrural.com