



## Energy and money saving tips

If you're looking for ways to save energy and money then you've come to the right place. One Parent Families Scotland is working with the Home Energy Scotland Hotline from the Scottish Government; it's your one stop shop for free and impartial energy saving advice and support. Have a chat with a friendly advisor over the phone by calling **0800 512 012** or visit [homeenergyscotland.org.uk](http://homeenergyscotland.org.uk) for lots of ideas and tips. They could help you save up to £250 a year on your energy bills.

### Easy ways to save energy

- Be a bright spark: switch your ordinary light bulbs for energy saving ones. They last around 10 times longer, and using one can save you around £45 over the lifetime of the bulb.
- Keep it bite-sized: chopping your vegetables into smaller bits, keeping lids on pans and only boiling the water you need means less energy wasted, and less time waiting for your dinner too.
- Choose a fan setting if you have a multifunction oven: this will cut consumption by 20%. Using a microwave to cook or reheat smaller food items generally uses less energy.
- Cosy up: close your curtains at dusk to keep the heat in. And keep outside doors shut and block up draughts.
- Make the most of radiators: turn down or off in rooms which you only use occasionally. Move furniture away from radiators to allow heat to circulate around the room.
- Switching off: the average Scottish household wastes around £40 each year by leaving appliances on standby. Make sure you turn your TV, PC etc, off at the wall.
- Regularly defrost your freezer to make sure it is operating efficiently: use a vacuum cleaner to clean the condenser coils at the back or underneath your fridge or freezer.
- Talk to an expert: the Home Energy Scotland Hotline can give you advice on how to use heating controls and other easy ways to save energy and money. Just call **0800 512 012**.

### Keep the heat in

- Do a good turn: turn your thermostat down by 1°C and save around £50 a year on your heating bill. Insulate your hot water pipes and you can save another £10 a year.
- Wrap up your home: cavity wall and loft insulation can save you up to £150 a year on your heating bills, which means it could pay for itself in only two years.

- Hot water tank: make sure your hot water tank is insulated with a lagging jacket at least 3 inches thick. It reduces the need to reheat water for your shower or washing up so you'll save around £35 a year
- Be well timed: fitting heating controls like automatic timer switches (known as programmers), room thermostats and thermostatic radiator valves will keep room temperatures more comfortable without wasting too much energy.
- Invest: replace that old boiler with a new condensing one. A condensing boiler is incredibly energy efficient and, with a new set of heating controls, could knock up to £225 a year off your bill. It's important to insulate your home before installing a new boiler as in an insulated home a smaller boiler will be just as effective.

### Water matters

Heating water makes up around 30% of an average household's heating bills - that's around £200 a year. Use these tips to save energy and to save those precious drops.

- Every minute you cut off your daily shower could save you between £5 and £10 off your energy bills over the year.
- Mend any leaky taps to stop around 5,500 litres of water going down the drain each year.
- Why use hot when cold will do? Rinse plates and wash vegetables in cold water.
- Your roof collects tens of thousands of litres of rain each year, which then runs straight into the sewers. With a water butt you can collect rain water and use it to wash your car and water your garden.
- Washing cars, with a bucket and sponge uses around 90% less water than a hose.
- Use a bowl to wash up twice a day rather than leaving the hot tap running and it can save you around £25 a year on your household gas bills.

**Save energy and money.**

Call the Home Energy Scotland Hotline free\* on

**0800 512 012**  
or visit [homeenergyscotland.org.uk](http://homeenergyscotland.org.uk)



\* Calls from landlines are free. From a mobile call 0300 456 2655 to be charged at local network rates.



**Lone Parent Helpline**

**Freephone 0808 801 0323**

## Grants and offers in Scotland

The Home Energy Scotland Hotline from the Scottish Government can help you. Just call **0800 512 012**. It's a free and impartial service from the Scottish Government, offering you a one stop shop for advice on saving energy, saving money and keeping your home warmer.

### Free insulation and energy efficiency measures

By calling the Home Energy Scotland Hotline, you might be able to get help with free or discounted loft and cavity wall insulation thanks to funding from the Scottish Government. Some people can even get a whole new heating system and other measures that make a home more energy efficient. A number of different offers are available, depending on your own circumstances and where in Scotland you live. Older people and families living in hard-to-heat homes might be entitled to a lot of help, so it's worth getting in touch with the Hotline.

### Discounts and extra benefits

If you get help with benefits and tax credits, our advisors can help check if you're entitled to any more benefits that you may be missing out on. You might also be entitled to discounts from your own gas and electricity supplier.

### Money saving advice

There are dozens of energy saving hints and tips that you could put into action today, like lagging your pipes and water tank, turning down your thermostat 1°C to save 10% on your yearly bill and only boiling the water you need when making a cup of tea. These may not sound like much, but if you add together several small changes like this you could save around £190 a year on your fuel bills, (on average, homes can save £250 a year by improving their insulation, upgrading their heating systems, replacing old appliances and lightbulbs with new energy saving ones and using energy carefully. Energy prices as of May 2010).

### Everyone can get help

Whatever your age and wherever you live in Scotland, you could benefit by giving the Home Energy Scotland Hotline a call today. You can get practical help to lower your fuel bills and make your home easier to heat. Over 200,000 Scots have already got help to save energy and money, so why not call us today to see if we can help you?  
Call **0800 512 012** or visit [www.homeenergyscotland.org.uk](http://www.homeenergyscotland.org.uk)

### Local Authority programmes

Some Local Authorities offer grants or other financial assistance to install energy saving measures and central heating but this depends on individual circumstances and funding available. Check with your Local Authority about options or call **0800 512 012** and the advisors from the Home Energy Scotland Hotline may be able to help you find out.

### Dampness and condensation

Dampness and condensation problems can affect you both financially and health wise – to get advice about condensation and dampness in your home, you can contact the Home Energy Scotland Hotline on freephone **0800 512 012** for local information.

### Other factsheets available:

- What to do about fuel debt
- Payment methods, discounts and switching suppliers
- Useful contacts on fuel issues

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### Any other queries?

Anything you don't understand?

Any useful experience to pass on?

Why not call the Lone Parent Helpline?

**0808 801 0323**

Mon-Fri 9.30-4.30pm (free to landlines and most mobiles  
Vodafone, 3, Orange, Virgin and T-mobile)

[www.opfs.org.uk](http://www.opfs.org.uk)