

# 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](http://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](mailto: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](http://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](http://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](http://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](http://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](http://www.london.gov.uk/what-we-do/communities/help-cost-living)

## Translated leaflets

[www.nea.org.uk/get-help/advice-resources](http://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](http://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.

