

# Help and support to keep you warm

As the weather is starting to change it is important you are aware of all the help and support we have available at Newham to help you keep warm.

## 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

## Energy savings tips



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



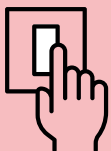
Save about £35 a year on bills by replacing all of your old bulbs and halogens with LEDs



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



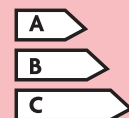
Turn your lights off when you're not using them. This will save you around £15 on your annual energy bills



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

# Keep your home warm by getting free help and advice

## Emergency support

### Our Newham Money – Hardship Support Scheme

If you find yourself struggling with energy, food costs, facing hardship, or an emergency you can apply for Our Newham Money Hardship Support.



 Apply at [ournewhammoney.co.uk/hardship-support](https://ournewhammoney.co.uk/hardship-support)

 Call Our Newham Money on **020 8430 2041**

## Support to improve your home



### Energy Company Obligation

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

You may be able to get FREE insulation work or upgrades to your heating

#### Eligibility:

Live in a council tax band A-D property  
Have energy performance certificate of D-G

To find out more and apply

 [newham.gov.uk/public-health-safety/energy/10](https://newham.gov.uk/public-health-safety/energy/10)

 IZ Energy on **020 8594 1117**

## Advice

SHINE 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.



 **0300 555 0195** or email

 [Shine@islington.gov.uk](mailto:Shine@islington.gov.uk)

If you have any questions on any of the support available speak to our Energy Efficiency Team at [EPC@newham.gov.uk](mailto:EPC@newham.gov.uk)

# Stay Warm in Newham Scheme

Newham Council have teamed up with the Cadent Foundation, Groundwork and Renewal Programme to bring expert energy advice and support to Newham residents.

## What support is available?

### Telephone helpline

- Helping you to understand your energy bills
- Offering personalised energy saving advice
- Support applying for funding to help you pay your bills and improve your property



### Home Visits

- Green Doctor energy-efficiency expert will walk around your home and identify areas of heat loss
- Free installation of small measures, such as draught excluders and radiator pannels
- Help applying for additional funding to support you



### Visit the Renewal Programme

- Warm Banks running every Tuesday, Wednesday and Friday 11am-1pm.
- Free energy support and advice from Green Doctors available every Tuesday.
- Free hot meals served every Wednesday.
- Free cooking classes are also available.



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