



5 Top tips to reduce your energy use

Switch to LEDs

Replace halogen lightbulbs with LED lightbulbs.

Unplug at the wall

Switch off appliances at the wall and unplug phones when charged.

Switch off the lights

Make sure you turn the lights off when you leave a room.

Run a cooler wash

Wash clothes at 30C and reduce the number of cycles you run.

Use less water

Boil only as much water as you need when you put the kettle on.

Struggling with energy bills?

If you're struggling to afford your bills, contact your supplier. They will discuss options for a payment plan with you.

These organisations can offer help and advice for energy bills:

Citizens Advice

www.gdass.org.uk

Advice on grants and benefits for help with energy bills.

0800 144 8848

www.citizensadvice.org.uk

(search: help energy bills)

Warm and Well

Advice on being more energy efficient and grant funding.

0800 500 3076

www.warmandwell.co.uk/#advice

Ofgem

Advice on switching energy tariffs or suppliers.

www.ofgem.gov.uk/informationconsumers/energy-advice-households

Telephone: 033 33 55 44 33

Website: www.tworivershousing.org.uk

Email: customerservices@2rh.org.uk