

A guide to save energy



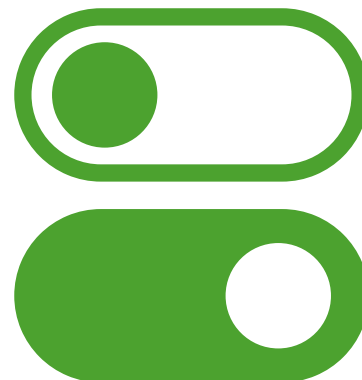
Save money **Live more comfortably**

For all Lambeth citizens

This guide shows you how you can reduce your energy bills and have a more comfortable, energy efficient home. A more energy efficient home can improve the health and quality of life of those living in your home. It can also benefit society by reducing illness and benefit the environment by reducing pollution. This guide also discusses “Fuel Poverty” - where the household fuel costs are above average and the residual household income below the official poverty line. The guide explains who might be fuel poor and what can be done to lower energy bills and escape fuel poverty.

What is “switching” energy tariffs?

- Different energy suppliers can supply gas and/or electricity to your home with different prices, terms and conditions and customer service.
- The energy supplied to your home and the cables and pipes will be the same as before the switch. Faults and emergencies relating to your energy supply will be dealt in the same way as before.
- You can switch if you use a prepayment meter



Why switch tariffs and have an energy efficient home?

you

Save money and reduce your debts with lower bills

your family

Students in warmer homes achieve better grades

your community

The young and elderly are healthier, which saves NHS resources

the environment

Less pollution from boilers lower carbon emissions, which helps tackle climate change

Did you know?



£3.9bn

Estimated amount Londoners spent in 2017 to heat and power their homes.



1/3

of energy is typically wasted heating inefficient UK homes.



Winter illness

The harsh winter of 2017-2018 saw a significant increase in hospital admissions whilst winter deaths were at a five year high.

How to switch energy suppliers?

Before you switch, there are a few points listed below you need to consider.

Please note, you can find more advice from Citizens Advice

www.citizensadvice.org.uk/consumer/energy/energy-supply/



Before the switch

- 1.** If you have a landlord, check whether your tenancy agreement allows you to switch tariff and/or supplier. To check your legal rights, go to www.citizensadvice.org.uk/consumer/energy/energy-supply/get-a-better-energy-deal/switching-energy-supplier-if-youre-a-tenant/
- 2.** Are you in debt to your energy supplier(s) or struggling to pay energy bills? Find out what your options and legal rights are at: www.citizensadvice.org.uk/consumer/energy/energy-supply/get-a-better-energy-deal/switching-energy-supplier-if-youre-in-debt/
- 3.** Check if your current supplier will charge you to leave your current contract early. If you stay with your current supplier, ask if you can be put onto a better tariff?

During the switch

- 4.** **What internet energy switching service should I use?**
Citizens Advice and other sites displaying the OFGEM Confidence Code logo offer impartial advice. You may wish to use the Citizens Advice energy switching link below: www.citizensadvice.org.uk/consumer/energy/energy-supply/get-a-better-energy-deal/switching-energy-supplier/
- 5.** Remember, having your recent energy bills to hand will help find a more suitable tariff.
- 6.** **Get a discounted tariff by signing up to:**
Online Accounts: manage your account online and receive bills electronically.
Dual Fuel: buy both gas and electricity from the same supplier.



After the switch

- 7.** Remember you have a **14 day cooling-off period** within which you can change your mind about switching tariff.

Consider renewable energy suppliers

Consider switching to a renewable energy supplier, to benefit both your bills and the environment.

London Power

mylondonpower.com/

Founded by the Mayor of London, they offer fair energy prices and electricity from 100% renewable sources.

They also look after communities by reinvesting to help improve Londoners' lives.

Octopus Energy

octopus.energy

Fair and transparent, they provide easy, affordable energy. All tariffs use 100% green electricity and they offer an award-winning customer service.

Ecotricity

www.ecotricity.co.uk/

They provide 100% green electricity and carbon neutral gas, and use the money from customers' bills to build wind turbines and solar parks, develop energy storage, and expand electric vehicle charging networks.

Fuel Poverty

What is fuel poverty?

A household is said to be in fuel poverty if:

- They have required fuel costs that are above average (the national median level), and
- Were they to spend that amount they would be left with a residual income below the official poverty line.

Who is in fuel poverty?

11.2%

11.4% average in London

of households in Lambeth are in fuel poverty.

It can affect people regardless of income, background or age.



You could save up to £300 by switching energy supplier!

You are more likely to live in fuel poverty if...



You live in a vulnerable household

i.e. you live with children, the elderly and/or someone with a long-term illness and/or disability.



PayPoint



you use prepayment meters or are paying on credit.



you live in an energy inefficient household or do not use central heating.

Fuel poverty can affect your mental health...

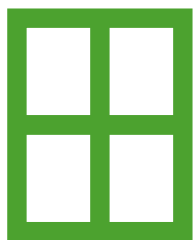
As it can lead to **depression and/or anxiety** due to non-payment of other items, such as rent or shopping for healthy food.



If you are having financial problems...

- you can find help at www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/struggling-to-pay-your-energy-bills/
- Lambeth residents can also get support from SHINE in the form of home energy efficiency visits, support in getting funds e.g. warmer homes grants and help understanding and switching energy tariffs <https://shine-london.org.uk/>

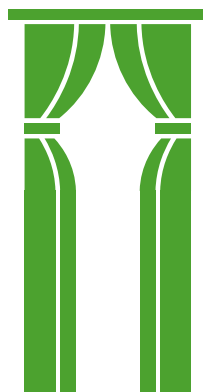
Simple ways to cut your energy bills



Windows

with two panes keep more heat in the home than single-paned windows. To improve single-paned windows:

- **make a second layer** using cling-film
- **buy low-cost secondary glazing** made from perspex and attached with magnetic strips. Internet search: *secondary glazing perspex*



Curtains

- Open curtains during the day to **allow light and warmth into the home**.
- Close curtains when the sun goes down to **keep the warmth in the home**.
- Close curtains during hot months to **keep the heat of the sun out of your home**.



Lighting

- **Replacing traditional light bulbs with LED bulbs** of the same brightness
- **Use appropriate lighting:** e.g. low background lighting to watch television, bright focused light for reading and studying.

Save up to
£35
a year on
electricity bills



Can save
£20
a year

Draught proofing

Fitting draught-proofing strips around the door frame and windows can save money and improve home comfort. However, make sure that any open flues, open fires or kitchens and bathrooms are well ventilated.

Here are some practical DIY tips to help draught proof your home.



Reduce heating bills by
10%
and save
£50
a year

Staying warm

Put a jumper on and turn down your thermostat by 1°C.

However, make sure any young, elderly or ill people stay warm.



Spending
one minute
less in the shower
saves up to
£7
per person
each year.

Showers

- Save time, money & energy: **have a 3 minute shower** instead of taking a bath.
- **Fitting a water efficient shower head** will reduce your hot water usage while still retaining the sensation of a powerful shower.

Kitchen



Save
£6
a year on
energy bills

Only fill the kettle with **the amount of water you need** to boil.



Defrosting frozen food overnight in the fridge reduces the time needed to cook it.



Save up to
£25
a year on
energy bills

Wash dishes in a plastic bowl rather than under a running tap.



Save time and money by **using a lid when cooking food** on the stove and using the right sized pan.

Useful Links

- For advice on bills, switching suppliers and energy related problems:
www.citizensadvice.org.uk/consumer/energy/energy-supply/
- For more energy saving tips and free boiler grants, visit Money Saving Expert:
www.moneysavingexpert.com/utilities/free-cavity-loft-insulation/
- For more information on improving energy efficiency and reducing costs in the home, workplace and community, visit the Mayor of London's site:
www.london.gov.uk/what-we-do/environment/energy/energy-londoners
- For more energy saving tips visit: www.energysavingtrust.org.uk
- If you need any more information contact Sustainability@lambeth.gov.uk

Repowering London

Repowering London is a not-for-profit organisation that facilitates the co-production of community-owned renewable energy projects.

For the home user, Repowering offer free and quick home energy audits to help create more resilient, empowered communities.

“As an unemployed person, I am extremely grateful to have discovered Repowering, who offer entirely **free energy advice**. First, they arranged a home visit; informing me of entitlement to a yearly ‘warm home discount’ of £140 on electricity. I saved a further **£100+ yearly** by quite simply switching my current energy supplier to a much cheaper one... All on my own, it's possible that I might never have known anything about this sort of help being available.

Thanks very much indeed!”

– Mr. Phillips, Repowering London beneficiary

For the community, Repowering offers guidance, advice and technical, financial, legal and administrative expertise towards supporting community energy projects across London.

Confused by the internet?

Get a friend or relative to help you!

Free internet access is available at your local library if you are a member.