

A guide to save energy



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 more than 10% of the household budget is spent on energy. The guide explains who might be fuel poor and what can be done to lower energy bills and escape fuel poverty.

LSx

London Sustainability Exchange


Lambeth

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?

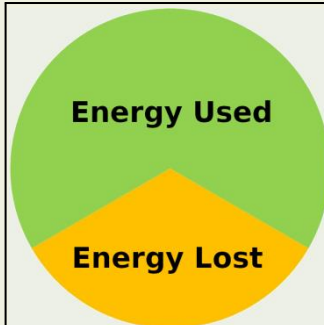
you
your family
your community
the environment

- save money and reduce your debts with lower bills
- students in warmer homes achieve better grades
- the young and elderly are healthier
- less pollution from boilers and saves NHS resources
- lower carbon emissions, help reduce climate change

Did you know?

£3.9bn

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



Proportion of energy 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 can be obtained 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, go to 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.

Fuel Poverty

What is fuel poverty?

Fuel poverty is when more than 10% of household income is spent to heat the home adequately.

Who is in fuel poverty?

In 2018, around 10% of households in London were 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.
- 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/



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.

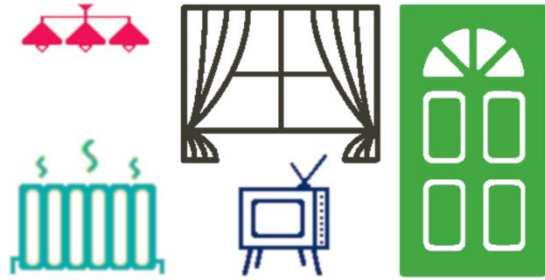
Close curtains when the sun goes down to keep the warmth in the home.

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 – will save up to £35 a year on electricity bills.

Use appropriate lighting: e.g. low background lighting to watch television, bright focused light for reading and studying.



Staying warm Put a jumper on and turn down your thermostat by 1°C to reduce heating bills by 10% and save £50 a year. However, make sure any young, elderly or ill people stay warm.

Draught proofing Fitting draught-proofing strips around the door frame and windows can save £20 a year and improve home comfort. However, make sure that any open flues, open fires or rooms where moisture is produced (e.g kitchens and bathrooms) are well ventilated.

Kitchen



- Only filling the kettle with the amount of water you need to boil can save £6 a year in reduced energy bills.
- Defrosting frozen food overnight in the fridge reduces the time needed to cook it.
- Washing dishes in a plastic bowl rather than under a running tap can save up to £25 a year in energy bills.
- Save time and money by using a lid when cooking food on the stove and using the right sized pan.


Showers

- Save time, money & energy: have a 3 minute shower instead of taking a bath.
- Spending one minute less in the shower saves up to £7 per person each year.
- Fitting a water efficient shower head will reduce your hot water usage while still retaining the sensation of a powerful shower.



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](#) 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.