

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 YOUR HOME IS NOT WARM ENOUGH

- The home feels cold, damp or draughty
- Wearing lots of clothes indoors
- Staying in bed to keep warm
- Asthma or a persistent cough
- High energy bills or in fuel debt



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**

East End Citizens Advice

Call **020 8525 6379**. Lines are open at the following times:

Tuesdays and Wednesdays: 10am-1pm

GLA Warmer Homes Programme

Get free advice and support if you are having trouble paying to keep your house warm. Services include:

- Telephone advice and home energy visits
- Help with draft excluders and similar in house support
- Support with energy bills and debts
- Grants of up to £20,000 per household to improve insulation (visit www.london.gov.uk/warmerhomes for eligibility criteria and to apply)

Call **0300 555 0195** or contact shine@islington.gov.uk

Other places to get help

Keep Warm Keep Well Scheme (ECO)

Newham Council is working with E.ON and J&J Crump on its Keep Warm Keep Well scheme to help eligible residents benefit from a range of energy-saving measures in their homes. Call J&J Crump and Son on **0800 783 3127** or visit www.jjcrump.com

Water Bills

WaterSure and WaterHelp can help make water bills lower, particularly for people who have lower income or need water for health conditions.

Find out more:

www.thameswater.co.uk/help/account-and-billing/financial-support/waterhelp

For any physical and/ or mental health concerns call 111 for information on where to get help or talk to your local pharmacist.

Warm Home Discount Scheme

Residents could get £140 off your electricity bill for winter under the Warm Home Discount Scheme. Find out more at www.gov.uk/the-warm-home-discount-scheme

Winter Fuel Payments

Residents can get between £100 and £300 tax-free to help pay your heating bills if you were born on or before 5 July 1953. Find out more at www.gov.uk/winter-fuel-payment

GLA Cost of Living Hub
www.london.gov.uk/what-we-do/communities/help-cost-living

Translated leaflets
www.nea.org.uk/get-help/advice-resources/?tag=english

Keep energy down by practising sustainable fuel saving tips

1. Turn off standby appliances
2. Install a smart thermostat
3. Turn down your thermostat
4. Buy efficient appliances
5. Install a new boiler
6. Wash clothes in at low temperatures
7. Be smarter about water
8. Invest in double glazing windows
9. Draught-proof your property
10. Insulate the roof
11. Monitor your usage
12. Switch to LED Light bulb



For information on support available visit: www.newham.gov.uk/public-health-safety/energy/2



Save around £80 a year just by remembering to turn your appliances off standby mode



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



Only fill the kettle with the amount of water that you need and save around £7 a year



Turning down your room thermostat by just 1°C can save between £85-90 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 significant amount of money on utility bills



When buying new appliances check the EU energy label to make sure you're buying an efficient product

