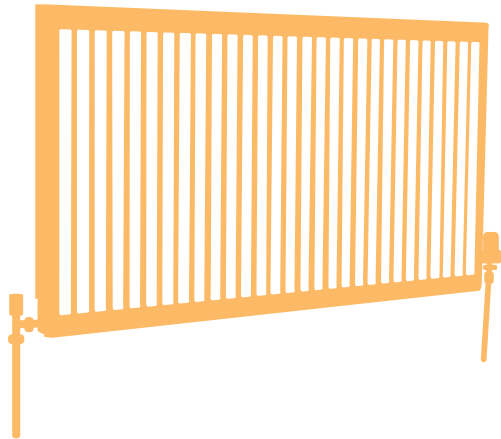


## Want to make your home more energy efficient?

Using less energy means lower bills for you and a better environment for us all. Our team can talk to you about your energy usage and give tailored advice on ways to reduce how much energy you use at home. We can also advise you about longer term improvements for your home to save energy and help you find out about what financial help is available.

For more information visit <http://www.energysavingtrust.org.uk/domestic/>



## How to contact us

If you are an individual struggling with your utility bills, please call us:

**0161 672 1234**

OR

Send us an email:

**[energy@citizensadvicemcr.org.uk](mailto:energy@citizensadvicemcr.org.uk)**



**@ManchesterCAB**



**Citizens Advice  
Manchester**



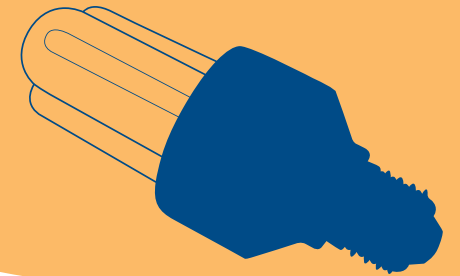
**Citizensadvicemcr**

**[citizensadvice.org.uk](http://citizensadvice.org.uk)**



**energy  
advice  
service**

# How our Energy Advice Service can help you



**energy  
advice  
service**

Citizens Advice is an operating name of The National Association of Citizens Advice Bureaux. Registered charity number 279057.

## What we do

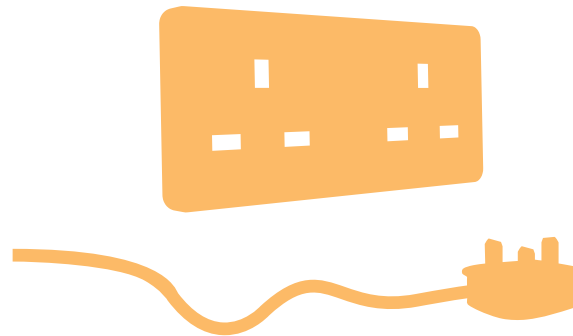
We're dedicated to helping combat fuel poverty and provides one-to-one advice and support to people experiencing difficulties with their energy costs or who are at risk of fuel poverty.

Some of the things we help with include:

- Dealing with fuel debt, including negotiation of affordable payment arrangements and grant applications to Charitable Trusts for arrears and essential household items.
- Accessing grants for insulation and other energy efficiency measures
- Finding the cheapest supplier and tariff
- Budgeting for ongoing energy consumption
- Understanding your bill & setting heating controllers
- Grants for white goods
- Energy Awareness Sessions for consumers
- Training for Front Line Workers

## Top Tips for Saving Energy

1. If you have a timer on your central heating system, set the heating & hot water to come on only when required e.g. switching on 30 mins before you get up and switching off 30 mins before you leave, or before you go to bed.
2. If you have a hot water tank, set the cylinder thermostat to 60°C / 140°F Cylinder thermostats are usually fitted between a quarter and a third of the way up the hot water cylinder.
3. Close your curtains at dusk to stop heat escaping through the windows, and check for draughts around windows and doors.
4. Always turn off the light when you leave a room.
5. Don't leave appliances on standby, and remember not to leave devices on charge unnecessarily.



6. When doing the washing, try to fill up the washing machine, tumble dryer or dishwasher. One full load uses less energy than two half loads.
7. Only boil as much water as you need in the kettle.
8. Fix leaking taps – a dripping hot water tap can waste enough energy in a single week to fill half a bath.
9. Replace old-style lightbulbs with energy-efficient ones – you could save £50 over the lifetime of the bulb
10. Get a smart meter installed when your energy supplier offers one. The in-home display will show you how much energy you're using so you can work out where there may be opportunities to save energy and money. The government wants all households to have a smart meter by 2020.