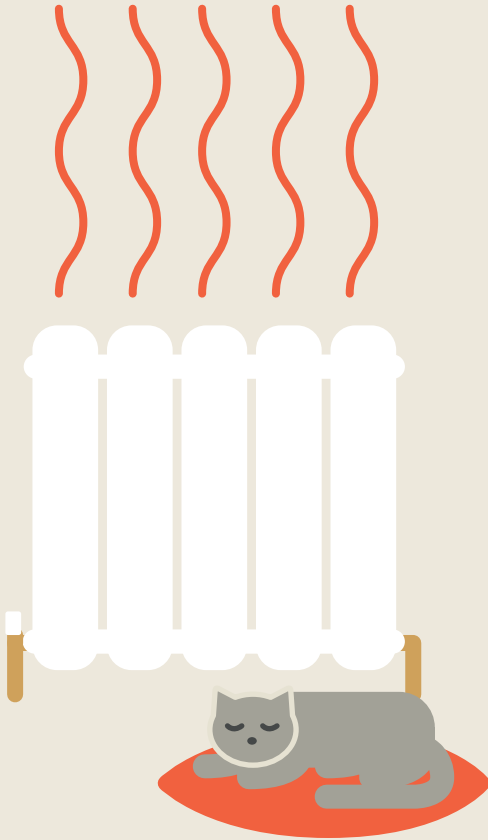


cairn



Helping to keep you warm

GETTING A GOOD DEAL

With energy bills continuing to rise, it's important to make sure that you know how to save as much money as you can.

Switch to direct debit and paperless billing

Many energy companies offer discounts to customers who pay by direct debit or receive their bills by email. Instead of receiving bills in the post, you'll get emails and can manage your account and give meter readings online. Speak to your energy company to see if they provide such discounts.

Take regular meter readings

If your gas and electricity meters are based on estimated readings you could end up paying for much more gas or electricity than you actually use. Take meter readings and give them to your supplier regularly.

Compare suppliers

Energy suppliers are all competing with each other, so switching suppliers can be a great way to cut your energy bills. According to Ofgem, customers who switch both gas and electricity suppliers could save up to £100 a year. There are a number of comparison sites on the internet where you can find the best deals.

It may also pay to look into dual fuel deals, where you get your gas and electricity from the same supplier. These often offer discounts and can work out cheaper.

Check for draughts

Unless your home is very new, you're likely to be losing some heat through draughts around doors and windows, gaps around the floor and lots of other little holes around the house.

TIPS FOR SAVING ENERGY

1. Turn your thermostat down. Reducing your room temperature by 1°C could cut your heating bills by up to 10% and typically saves around £75 a year. If you have a programmer, set your heating and hot water to come on only when you need them, rather than all the time.
2. Is your water too hot? Your cylinder thermostat should be set at 60°C/140°F.
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 lights when you leave a room.
5. If possible, fill up the washing machine, tumble dryer or dishwasher - one full load uses less energy than two half loads.
6. Only boil as much water as you need (but remember to cover the element if you're using an electric kettle).
7. A dripping hot-water tap wastes energy and in one week wastes enough hot water to fill half a bath, so fix leaking taps and make sure they're turned off!
8. Use energy-saving lightbulbs. They last up to 10 times longer than ordinary bulbs, and using one can save you around £45 over the lifetime of the bulb.

MORE INFORMATION

The Energy Saving Trust, funded by the Scottish Government, provide expert knowledge and advice about energy saving. Call them for free impartial advice on 0808 808 2282.

We are trying to get as much funding as possible to help with future energy-saving projects to your homes. Call the Investment team for more information.

0800 990 3405

www.cairnha.com

enquiries@cairnha.com

This Helping to keep you warm leaflet is available on CD, in braille, in large print and in community languages from **Cairn, Bellevue House, 22 Hopetoun Street, Edinburgh EH7 4GH**. Email **enquiries@cairnha.com** or call **0800 990 3405**.

本文件提供 CD、布莱叶盲文、大字体印刷和社区语言版本，可从以下地址 Cairn, Bellevue House, 22 Hopetoun Street, Edinburgh EH7 4GH、通过电子邮件 enquiries@cairnha.com 或致电 0800 990 3405 获取。

Cairn, Bellevue House, هذا المستند متوفر على أسطوانة مضغوطة، بلغة برايل وطباعة كبيرة ولغات الأقليات من 22 Hopetoun Street, Edinburgh EH7 4GH. بريد إلكتروني enquiries@cairnha.com أو اتصل بالرقم

یہ دستاویز سی ڈی، بریل، بڑے حروف کی چھپائی اور کمیونٹی کی دیگر زبانوں میں 'کیرن' Cairn سے اس پتے پر دستیاب ہے: Bellevue House, 22 Hopetoun Street, Edinburgh EH7 4GH. ای میل enquiries@cairnha.com یا اس نمبر پر فون کریں: 0800 990 3405

Niniejszy dokument dostępny jest na płycie CD, w formie dużym drukiem, oraz w językach ojczystych członków lokalnej społeczności. Aby uzyskać ten dokument należy odwiedzić Cairn pod adresem: Bellevue House, 22 Hopetoun Street, Edinburgh EH7 4GH, wysłać e-mail na adres: enquiries@cairnha.com lub zadzwonić pod numer 0800 990 3405.



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