



KEEP WARM AND WELL

A guide to reducing bills and
how we can help each other



HEATING THE PLANET

Reducing our bills is good
for the environment

WIN ! WIN !





WHAT'S THE BIGGEST PART OF YOUR BILL?

What costs you versus what costs the planet ?

Electricity is more carbon neutral

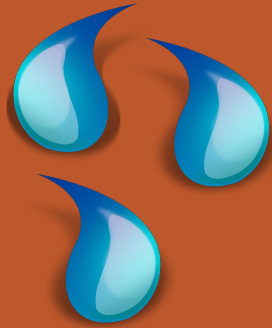
- Do you know what's eating up your electricity?
- [Email](#) to borrow a plug-in meter to find out what is energy hungry
- Gas is probably the biggest bill
- Switch off some radiators
- Heat for a shorter time
- Is damp a problem?
- Drying clothes inside?



SMALL STUFF

Share a meal and evening with a friend or pop into church or library to warm up

- Film for windows/door £20
- Draught excluder tape for windows/ doors £10
- Magnetic insulating doorway curtain £45
- Foil behind radiators £10



USE LESS WATER

GET WATER FIT.CO.UK
[online assessment](#) with
quick wins and free gifts

- Use cold water to wash your hands
- Use that water to flush the loo! Plastic 2L jug £2
- Don't use a power shower
- Change the shower head to a reduced flow one £15
- Get an egg timer for a 4 min shower – [free from United Utilities](#)



PUT ON AN EXTRA LAYER

It's what your parents
always told you!

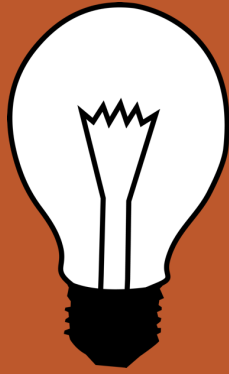
- Wear a vest or extra T-shirt
- Thick ski socks £5
- Boot slippers £15
- Mittens/gloves £5
- Scarf £5
- Warm coats £40
- Fleece hoodies £35
(Primark have some nice ones – and kids' sizes £20)



HEAT THE PERSON

Don't leave your heating on low all day, especially if you're out
Just heat the room you're using

- Take care using hot water bottles as they can cause burns
- Try microwave warmers £5
- Electric underblanket from £35
- Electric throw for sofa or over the duvet on bed £110
- Infra red panel from £70 (there's one in the church office)
- Heated floor mat £35
- Thicker duvet £25



REDUCING ELECTRICITY CONSUMPTION

Cook 2 meals in the oven then microwave one next day

Keep your freezer full of bread if there is unused space

- Use a dehumidifier £120
- Heated drying rack £40
- Dry outside instead - rotary line £25 - £40
- Use an air fryer instead of oven from £50
- Use a slow cooker £25
- Use a microwave £50
- Change light bulbs to LED £5
- Ask for a smart meter



GETTING ONLINE

Each phone company should provide a social tariff to people on benefits.

If you need to switch to a social tariff they mustn't charge you.

- [Vodafone VOXI for Now](#) £10 per month Unlimited 5G data, calls and texts
- [Virgin Essential Broadband](#) 15Mbps 30day rolling contract, £12.50
- Online learning:
e.g. [Amazon study](#) – free books to download
[Reed Courses](#): 161 free courses



REALLY **BIG** STUFF

insulation!
Insulation!
Insulation!

- Your gas provider has to replace your **BROKEN** boiler if you're on benefits
- ENERGY WORKS [free home assessment](#).
- GREEN DEAL [government scheme](#) for home improvements
- Thermostatic valves on radiators
- Wool thermal wallpaper
- Solar panels and battery??
- Air source heat pump??



YOUR HOME BETTER

Where you've no idea
where to start!

yourhomebetter.co.uk

- Greater Manchester plan to improve local houses
- Give you steps for what to do first and how much it would save
- £120 for initial assessment
- THEY will see what grants you might be suitable for
- Not salespeople – independent
- If YOU want they can then find quotes
- If YOU want they can project manage any changes



HOW CAN WE HELP EACH OTHER?

Some of the church community have donated some of their energy grant

Acts 4 v 33 – 35

- What would make your home (or you) warmer?
- Can we help buy one of the items in the list above
- Do you need help to do the DIY or can you help others?
- Speak to Mo, Anne or Sally
- Temporary fund until the donated money runs out



ADVICE SITES

Don't worry alone

There is help out there from
grants to payment breaks

- UNITED UTILITIES arrears advice [here](#) and [here](#).
- CITIZENS ADVICE [click here](#)
- CHRISTIANS AGAINST POVERTY [cost of living advice](#)
- CAP Money skills courses available here at Brunswick
- FUEL BANK FOUNDATION provide emergency funds. [more...](#)
- MONEYSAVINGEXPERT “heat the human, not the home” [guide](#).