

# 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](http://www.london.gov.uk/warmerhomes) for eligibility criteria and to apply)

Call **0300 555 0195** or contact [shine@islington.gov.uk](mailto: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](http://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](http://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](http://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](http://www.gov.uk/winter-fuel-payment)

GLA Cost of Living Hub  
[www.london.gov.uk/what-we-do/communities/help-cost-living](http://www.london.gov.uk/what-we-do/communities/help-cost-living)

Translated leaflets  
[www.nea.org.uk/get-help/advice-resources/?tag=english](http://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](http://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

