

INSULATE TO SAVE



Insulate your home to save money this winter

Having enough insulation in your home can save you money both this winter and throughout the year.

Most energy companies give grants to have insulation installed. Many companies are also offering free or heavily discounted insulation this winter.

People over the age of 70, families on low incomes, people with disabilities and those with long-term health conditions are likely to qualify for free insulation.

If you have cavity walls you could cut your winter bills by having cavity wall insulation installed. In the loft, homes more than ten

years old tend to have four to six inches of insulation, but having this topped up to about ten inches can cut your bills too. Typically, you can save at least £120/year on your energy bills by having insulation installed. It's also straightforward to install – your home can be insulated within a day with little fuss or mess.

Ring the Home Heat Helpline on **0800 33 66 99** to see if you're entitled to help – or if you know or care for someone who could benefit, you can call on their behalf.

**H HOME HEAT
HELPLINE**



**'It's so easy,
I'd advise
everyone to
call them'**

Ralph and Susan Parson's story

'A neighbour told me that because I was over 70 I could get free loft insulation, but they had no idea how to go about it.

Since retiring I've spent more time at home and I've noticed the bills go up. I called the Home Heat Helpline to ask about the free insulation – they answered straightaway and put me through to my energy supplier who made an appointment to come and do a survey.

Just five weeks later we had 11 inch thick insulation put in the loft. We've already noticed a difference.

We then thought of our friend Ida who's 80 and her husband. She has trouble on the phone so we called the Home Heat Helpline for her and got a survey done in no time at all.'

Heating is the best place to start saving money

Two thirds of our energy bills, on average, are spent on keeping warm in winter. Here are some tips to help you cut bills:

- 1** Turning your thermostat down by only one degree centigrade can cut the cost of your heating by 10 per cent
- 2** If you're used to having your home at 23 degrees centigrade or higher, try turning the thermostat down to 21 degrees in stages of one degree over a period of two to three weeks
- 3** Consider fitting individual radiator or heating thermostats in bedrooms
- 4** Switch off radiators in rooms you are not using
- 5** Set your heating to come on half an hour before you get up and to go off half an hour before bedtime

**H HOME HEAT
HELPLINE
0800 33 66 99**

Free and practical advice to help you save money on your energy bills