

We are a local charity,
locally funded.

Our aim is to help people
resolve their problems so
they can live happier and
more productive lives.

We campaign on big issues
when people's voices need
to be heard.

Citizens Advice South Hams
Follaton House, Plymouth Road,
Totnes TQ9 5NE

Contact us for help with switching to
a cheaper energy tariff and energy
efficiency home improvements:
energy.advice@southhamscab.org.uk
or call **01803 659 733**

Find our drop in times at
southhamscab.org.uk

A warm and safe home?

10 tips to help you stay
warm and safe this
winter



Citizens Advice South Hams is the operating name of South Hams
Citizens Advice Bureau Ltd, registration no. 04349641
and registered charity 1091133.



We're here to help.
Whoever you are.
Whatever the problem.

Tips for saving energy

There are many things you can do to make your house more energy efficient and cut your energy bills.



1 If you have a timer on your central heating system set the heating and hot water to come on only when required. For example, set it to start 30 mins before you get up in the morning and switch off 30 mins before you are due to leave or go to bed.



2 If you have a hot water tank, set the cylinder thermostat to either 60 degrees Celsius or 140 Fahrenheit. (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 windows. Check for draughts around windows and doors that let cold air in and warm air out.



4 Always turn lights off when you leave a room.



5 Don't leave appliances on standby and remember not to leave laptops and mobile phones on charge unnecessarily.



6 When you are doing the washing, try to fill up the machine, tumble dryer or dishwasher. One full load uses less energy than two half loads.



7 Try and make sure that you only boil as much water as you need.



8 A dripping hot water tap can waste enough energy in a single week to half fill a bath with hot water. Fix leaking taps and make sure they are fully turned off.



9 Turn your thermostat down by 1 degree. Reducing the temperature of your home just slightly will cut your heating bills by as much as 10% and you probably won't feel any difference.



10 Do a home energy check to find out about savings of up to £250 a year on household energy bills. Visit: [simpleenergyadvice.org.uk](https://www.simpleenergyadvice.org.uk) for more information.

