



Affordable Warmth Team
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Affordable Warmth

Sefton Council's Energy Team can give help and advice on making your home warmer and more energy efficient.

The Affordable Warmth Team can help Sefton Residents to;

- **Repair/ replace broken boilers**
- **Insulate homes**
- **Install small energy saving measures (LED bulbs, thermostats etc)**
- **Reduce/ clear fuel & water debt**
- **Increase income**
- **Switch to a cheaper tariff**
- **Liaise with energy supplier (inc WHD/ PSR)**
- **Become more energy efficient**
- **Access other advice agencies**

It is important that your home is warm, as the following health conditions are made worse when living in a cold home;

- **Heart attacks**
- **Strokes**
- **Arthritis**
- **Asthma**
- **COPD**
- **Mental health conditions**
- **Excess winter deaths**

Many people live in fuel poverty and struggle to keep their homes warm. Reasons may be due to;

- **Low income**
- **Energy inefficient homes**
- **High fuel prices**

Top 10 Energy Saving tips

1. **Insulation** - You could save money on your heating bills by installing cavity wall insulation and topping up the insulation in your loft.
2. **Heating** - Turn down your thermostat by just 1°C and you'll cut your fuel bills by up to 10%. You'll notice the saving, but not the drop in temperature.
3. **Hot Water** - Insulating your hot water cylinder with a lagging jacket should pay for itself in months!
4. **Lighting** - Energy saving light bulbs last up to 10 times longer than ordinary light bulbs and save you money on your energy bills.
5. **Cooking** - Keep a lid on the saucepan and only use just enough water to cover vegetables. Also using the microwave rather than the oven can save money too.
6. **Kettle** – Don't over fill your kettle, only boil the water that you need
7. **Washing** - Washing at 30°C uses about 40% less electricity than at a higher temperature. Also, only switch on when machine is full.
8. **Appliances** - Look out for the energy efficiency rating whenever you buy new appliances. "A" rated appliances are the most efficient and cheapest to run.
9. **Turn it off** – Leaving appliances on standby costs GB nearly £1 billion worth of energy each year.
10. **Curtain up** - Shutting the curtains, especially lined ones, will stop heat escaping through your windows.

Top 10 Water Saving tips

1. Turn off the tap when you brush your teeth - over the year this small change saves enough water to make 40,000 cups of tea!
2. Use a watering can in the garden - hosepipes use up to 540 litres of water an hour (which is a lot when you consider a watering can only holds around 10 litres).
3. Report leaks - if you see a leak in the road or footpath, give United Utilities a call on 0800 33 00 33
4. Repair dripping taps
5. Take a short shower instead of a bath
6. Use a plug in the kitchen sink instead of running the tap and save a litre of water every six or seven seconds (if you use a bowl you could use this to water your plants)
7. Keep a container of water in the fridge - this avoids having to run the tap for a cool refreshing drink
8. Choose drought resistant plants (such as geraniums) which last longer in dry periods
9. Let your grass grow longer, it will wear better during dry periods.
10. Only switch on your dishwasher or washing machine when full.