

Your Guide to

Saving energy

Contact us

For more information about any of GHA's services, please contact **08459 001 001** or visit **www.gha.org.uk**

This leaflet follows RNIB's Clear Print guidelines. It is available on request in Braille, tape and on disk. It is also available on request in other languages. If you need the leaflet provided in any of these formats, please contact us on **0141 274 6309**.

FSC Logo

The Glasgow Housing Association Limited is a not-for-profit housing association registered under the Industrial and Provident Societies Act 1965, registered no. 2572R(S). It is also recognised by HM Revenue and Customs as a Scottish charity (SC034054) and is registered with The Scottish Housing Regulator under the Housing (Scotland) Act 2001 as a registered social landlord, no. 317.

Better homes, better lives



Better homes, better lives



Easy ways you can save energy:

- Try turning down your thermostat by 1°C – this could save you up to 10% on your heating bill
- Keep your central heating set so that your room temperature is between 18°C and 21°C
- Defrost your fridge regularly so it works more efficiently
- Turn off your TV and other appliances at night, rather than leaving them on stand-by
- Only fill jug kettles with the amount of water you need
- Don't trap heat – avoid placing large pieces of furniture in front of radiators
- Turn off unnecessary lights
- Low energy lightbulbs use less power than standard bulbs and can save you up to £9 a year
- Use a microwave where possible – it uses 90% less electricity than your oven

**Start saving energy
and money today!**

**Contact your LHO today and ask for
an energy advice visit, or call us on
08459 001 001.**

**For more information visit
www.gha.org.uk**

Saving energy and money



You can save money by using energy more efficiently in your home. Small changes to your daily habits can have a big effect on your gas and electricity bills.

We are working in partnership with eaga scotland Ltd. who can send trained energy advisors to your home and provide impartial energy advice that could:

- **Cut down the amount energy you use and keep you warm**
- **Get better deals on your fuel bills**
- **Assist you with payment arrangements to energy provider.**

You can save money by changing your fuel provider and making some easy changes to the way you use your household appliances.

How can we help?

The eaga energy advisor can:

- Provide advice and tips about saving energy
- Help you set your heating system to meet your needs
- Help you work out the best way to repay high fuel bills
- Make sure your repayments are reasonable and affordable
- Negotiate on your behalf to reduce any debt that has built up.

If you think you're paying too much money for the energy you use, the energy advisor can:

- Tell you about cheaper deals for electricity and gas
- Help you switch to different ways of paying and/or a different fuel supplier.