

**Save energy,
save money**



**Catalyst
Housing**

**Top tips to keep your
fuel bills down**

Top tips

to keep your fuel bills down

Saving energy reduces your fuel bills. It also helps the environment. The average household can save up to £300 a year by using less energy. Here are some simple steps to help you cut your bills and make your home cosier in the winter and cooler in the summer.

1 Draw your curtains
Drawing your curtains early when it gets dark and keeping them closed all night stops heat from escaping through the windows.

2 Don't leave the tap running
Remember to turn the tap off while you are brushing your teeth, shaving, washing your hands or doing the washing up.

3

Have showers instead of baths

Showers use less than half the water that baths do. Your boiler will also use less energy to heat the water.





4 Turn your thermostat down
Heating and hot water make up two-thirds of your fuel bills, so turning your thermostat down can make a big difference. The Energy Saving Trust recommends setting your room thermostat between 18°C and 21°C, and setting your hot water tank thermostat to 60°C.

5 Use energy-saving bulbs and turn lights off
Most light bulbs use a lot of electricity. Low-energy ones last up to 10 times longer and use less energy. Don't forget to turn lights off when you leave a room.

6 Only boil the water you need
There's no need to fill the kettle to the top each time you boil it.

7 Don't leave appliances on standby
Remember to turn your TV and other appliances off at the plug, and don't leave mobile phones charging.

8 Save energy when washing clothes
It is cheaper to wait until you have a full load before you turn your washing machine on. Using the low-temperature programme will also save you money.



9



Recycle your rubbish

Nearly two-thirds of all household rubbish can be recycled. You can usually recycle paper, glass and plastics in your local recycling bin. To find out what you can and can't recycle, just check with your local council, or check the information on the bins themselves.

10

Make the most of radiators

Move furniture away from radiators to help heat circulate around the room.

11

Insulate hot water pipes

Insulating hot water pipes stops heat from escaping. Insulation will also help stop pipes from freezing and bursting in cold weather.

Green projects in your community

Catalyst works with residents and local agencies to set up green projects in and around our estates.

If you'd like to get involved in a green project in your local area, please visit our website www.chg.org.uk to find out what to do and who to contact.

Examples include:

- food growing projects
- composting schemes
- recycling bins
- clean-up days

This leaflet gives information about energy saving.
If you need any of this information in large print,
Braille, on audio-tape or explained in your own language,
please contact us on the number below.

Arabic

إذا كنت ترغب في الحصول على أي جزء من هذه المعلومات مطبوعًا بأحرف كبيرة أو بطريقة برايل أو مسجلًا على اسطوانة مدمجة أو شريط صوتي أو مشروحًا باللغة التي تتحدثها، يرجى الاتصال بنا على الرقم الموضح أدناه.

Hindi

अगर आप इस जानकारी के किसी भी हिस्से को ब्रेल, सीडी, ऑडियो टेप में चाहते हैं या अपनी भाषा में समझना चाहते हैं, तो कृपया नीचे दिए गए नम्बर पर हमसे सम्पर्क करें।

Portuguese

Se necessitar de parte desta informação em caracteres aumentados, em Braille, em CD, cassette áudio ou apresentada no seu idioma, por favor contacte-nos, através do telefone abaixo indicado.

Somali

Haddaad u baahan tahay warkan afkaaga-hooyo, afka loogu talagalay dadka aan arki karaan – afka faraha ama CD-ga ama ajeladda rekorka nala xirir. Namberkan isticmaal.

Gujarati

જો તમારે કોઈ પણ ભાગની આ માહિતી બ્રેઈલ, સીડી ઉપર, ઑડિયો ટેપ અથવા તમારી પોતાની ભાષામાં સમજી શકો તેની જરૂર હોય તો નીચે જણાવેલ નંબર ઉપર અમારો સંપર્ક કરો.

Polish

Jeżeli potrzebujesz aby całość lub część tego tekstu były przedstawione większą czcionką, w języku Braille'a, na nośniku CD, na kasecie audio lub zostały przetłumaczone na Twój język ojczysty, prosimy o kontakt pod numerem podanym niżej.

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਦੇ ਕਿਸੇ ਹਿੱਸੇ ਨੂੰ ਬ੍ਰੇਲ, ਸੀਡੀ, ਐਂਡੀਓ ਟੇਪ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ ਜਾਂ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਸਮਝਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਸਾਨੂੰ ਸੰਪਰਕ ਕਰੋ।

Urdu

ان معلومات کے کسی حصہ کی اگر آپ کو بریل، سی ڈی، آڈیو ٹیپ یا اپنی زبان میں وضاحت کی ضرورت ہو تو، براہ کرم ہم سے نیچے دیے گئے نمبر پر رابطہ کریں۔

0300 456 2099

**Better Homes.
Better Service.
Better Future.**

Catalyst is one of the leading housing associations in London and the South East. We aim to be a catalyst for change and improvement wherever we work.

CHL004-02 Energy saving 09/11

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www.chg.org.uk



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Housing**

A charitable housing association, IPS no.16561R