



Action for Warm Homes
Northern Ireland

ARE YOU WINTER READY?

NEA are concerned that the 'perfect storm' of higher energy prices, reduced incomes, and leaky, inefficient housing could put many households in Northern Ireland at increased risk of fuel poverty this coming winter. These increases come at a time when many household budgets are already stretched thin.

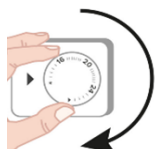
However, simple changes to day-to-day activities could make big differences to household bills. Here are 10 energy savings tips that everybody can implement.



You can save around £30 a year just by remembering to turn your appliances off standby mode.



Save an average of £35 on electricity a year by drying clothes on a clothes line, instead of using a dryer.



Room thermostats allow you to set the temperature your home heats up to and maintains. Turning it down by only 1 degree could save you £70



Spending one minute less in the shower every day as part of your grooming routine will save up to £7 per person off your household energy bill each year.



Only boil the water you need in your kettle. This can save you £6 per year.



Washing clothes at 30°C instead of 40°C can save you around £9 a year and 1 less cycle per week can save around £5 a year on energy.



Don't leave your mobile phone on charge all night – most only need a couple of hours.



Switch off lights when not in use. This could save your household £14 a year.



Using a bowl to wash up rather than running the tap could save you up to £25 a year.



Draughtproofing windows/doors can save £30. Chimney draught excluder can save an additional £20

Are you experiencing financial hardship?

Speak to your energy supplier if you are worried about your energy bills and to find out if you are eligible for additional services. To find out if you are claiming all of the benefits you are entitled to call:

- **Advice NI**
Freephone Advice Helpline: 0800 915 4604 | Email: advice@adviceni.net
- **Make the Call Service**
Freephone (Network charges may apply): 0800 232 1271 | Email: makethecall@dfcni.gov.uk

Check to see if you are getting the best deal for your energy

You could save hundreds of pounds a year on your bills by switching supplier or changing tariffs with your current supplier. Use a price comparison site.

- **Consumer Council**
Tel: 028 9025 1600 | Email: info@consumercouncil.org.uk | Web: www.consumercouncil.org.uk

Additional Support

NI Energy Advice offers free independent and impartial energy advice to domestic householders in Northern Ireland - including advice about energy grants and other sources of help.

Freephone: 0800 111 4455 | Email: nienergyadvice@nihe.gov.uk

Website: www.nihe.gov.uk/Community/NI-Energy-Advice

Belfast Warm and Well Project is coordinated by National Energy Action (NEA) and is supported by Community Planning Partners from across Belfast. The project is available to vulnerable people who are finding it difficult to keep their home warm. Vulnerable refers to a number of different groups including:

- People aged 65 years or older
- People living with a disability or a long term physical or mental health condition
- Pregnant women
- Households with a young child/children (from new-born to school age)
- People on a low income.

National Energy Action (NEA) will work with local community and voluntary groups, to provide helpful independent and confidential advice and practical support. If you or someone you know is vulnerable and finding it difficult to keep your home warm, contact NEA on 028 9023 9909 or warmandwell@nea.org.uk to see if they can help.

Training and Advice

NEA are offering **FREE** Energy Efficiency training and advice sessions to organisations and households throughout Northern Ireland. These sessions can be delivered face to face or via zoom.

Please contact Nichola MacDougall for further information:

Tel: 028 9023 9909 | Email: nichola.macdougall@nea.org.uk

Keep up to date with our events on Community NI, Eventbrite and our social media:

Twitter: [@NEA_NIreland](https://twitter.com/NEA_NIreland) | Facebook: [@NEANorthernIreland](https://www.facebook.com/NEANorthernIreland)