



## **Saving energy in your home**



Top tips to help you save

**Soha has greatly improved the average energy efficiency of our homes in the last few years.**

Saving energy is good for the environment and could help you save money, so take a look at the tips in this leaflet!

## **Social tariffs**

If you're on a low income or considered to be vulnerable, you should be able to pay a reduced-rate tariff from your supplier. This is known as a social tariff. If you're behind with payments of your bills, or struggling to keep up with the rising costs of fuel, contact your supplier straight away to see if you can be moved to a cheaper tariff.

## **Water**

You have to pay for your water and sewerage services, but if you find it difficult there may be help available.

If you pay your bill direct to the water company: contact your water company which should offer a range of options to help you, such as other payment options, free water meters and access to charitable trusts.

If you pay your water charges as part of your rent, contact

Soha's Rental Income Team. They can help with:

- suitable payment options,
- arrangements to re-pay amounts owed in affordable instalments, and
- having a water meter fitted or re-assessing your future water costs based on your household size.

WaterSure is a scheme which helps some people with their water bills. To apply for the scheme, you must be on benefits and need to use a lot of water either for medical reasons or because your household has a certain number of school-age children. You also need to be on a water meter or be waiting to have one installed. Find out more from our Rental Income Team at Soha, or your local Citizens Advice or other advice centre.

## **Saving water**

Water is a precious resource, which we should always use wisely. Using water, especially hot water, uses energy and increases emissions of greenhouse gases, which contribute to climate change. During a drought, it's even





more important to make sure that water is not wasted.

- Take showers instead of baths. A five minute shower every day will use a third of the water of a bath, which saves up to 400 litres a week. Soha is fitting showers when we replace existing bathrooms and when we build new homes.
- Turn your taps off! A dripping tap could waste as much as 90 litres of water a week.
- Don't use sprinklers on your lawn. A sprinkler can use as much water in an hour as a family of four can use in a day. If you need to use a sprinkler, don't leave it on.
- You only need to water your lawn once a week in hot weather. Over-watering can weaken your lawn by encouraging roots to come to the surface. Water your garden in the early morning or late in the day when it is cooler to reduce evaporation.
- Look for energy efficiency ratings when buying new washing machines. Those rated "A" are the most economical and will save on your energy bills.
- Don't use the washing machine until you have enough for a full load. The average wash uses about 95 litres of water. Turning your machine down to 30° also saves energy.
- Don't brush your teeth with running water from the tap. This wastes almost 9 litres of water a minute. Rinse out from a tumbler instead.
- Only fill your kettle with as much water as you need. Boiling less water saves energy.
- Always put a plug in your basin or use a bowl when doing the washing up. This uses far less water than keeping the tap running.
- You can save water when cooking by only using as much as you need. If you have a steamer, this will also save you energy as it uses less water than boiling.
- If you keep cool water in the fridge, you won't need to run the tap for ages to get a cold drink
- Insulate your pipes to avoid bursts. In cold weather,

put your heating on a low setting whilst you are out to prevent pipes freezing.

## Saving energy

Soha installs insulation to both the cavity and loft for maximum energy efficiency, but even with this, plus double-glazed windows and an energy-efficient boiler, you can still save energy and money!

- Turning your thermostat down by 1% could cut your energy bills by 10%.
- Your hot water cylinder only needs to be 60°C/140°F. Save money by keeping your water at this temperature.
- Draw your curtains at dusk. This will stop heat escaping through windows and will reduce heat loss.
- 5% of your energy bill will come from lighting your home. Fit low energy light bulbs. This can save up to £9 per year for each bulb used or £100 over the lifetime of a typical bulb.
- Fit the correct wattage bulbs.
- Turn lights off when you leave a room.

- Adjust curtains and blinds to let in as much light during the day as possible.
- Do not leave TVs, stereos or computers on standby or on charge unnecessarily.
- When buying new appliances, look for energy efficiency ratings.
- Defrost your freezer regularly.
- Spin clothes before tumble drying.

Saving a little bit of energy will help national and global needs AND save you money.

For further advice on how to save energy and money, you can contact the Energy Saving Advice Service free on 0800 512 012. All energy providers have to offer social tariffs to help low-income households with the high costs of gas and electricity. And according to Ofgem rules, all social tariffs must equal the supplier's cheapest deals.

So if you're struggling to keep up with the rising cost of heating your home, do talk to your provider and see if you can be moved to a cheaper tariff.

## **More information**

You can find lots more information and a new energy-saving tip every day at [www.energysavingadvice.co.uk](http://www.energysavingadvice.co.uk)

We will do our best to offer a translation service in a different language if this would be helpful. This may include using a translator to speak to you about the content of a publication rather than giving you a hard copy of your own. We also do our best to offer large print or audio versions of publications. Please ring us on 01235 515 900 or 0800 014 15 45 (Freephone).

### Polish

Dołożymy wszelkich starań, aby zaofiarować tłumaczenie na inny język, jeżeli byłoby to pomocne. Oferta ta może obejmować usługi tłumacza ustnego, który przedstawiłby treść publikacji, zamiast przekazania tłumaczenia w formie papierowej. Dołożymy również wszelkich starań, aby przygotować druk wielkoformatowy lub wersję audio publikacji. Prosimy o kontakt pod numerem 01235 515 900 lub 0800 014 15 45 (Freephone).

### Portuguese

Poderemos também providenciar um serviço de tradução para um outro idioma, se tal lhe for útil. Poderemos recorrer a um tradutor que lhe falará acerca do conteúdo da publicação, em vez de lhe entregar uma cópia impressa da mesma. Envidamos igualmente todos os esforços para fornecer versões em letra grande e versões áudio das publicações. Contacte-nos através do 01235 515 900 ou do 0800 014 15 45 (Freephone).

### Italian

Faremo del nostro meglio per offrire un servizio di traduzione in altre lingue, se ciò dovesse servire. Pertanto, al posto di una copia cartacea della pubblicazione da portare con voi, possiamo mettere a disposizione un traduttore che ve ne illustrerà il contenuto. Faremo anche del nostro meglio per offrire stampe a caratteri grandi oppure versioni audio delle pubblicazioni. Chiamateci al numero 01235 515 900 o 0800 014 15 45 (Freephone).

### Turkish

Yararlı olabilecek farklı bir dilde tercüme hizmeti sunmak için elimizden geleni yapacağız. Bu, kendinize ait basılı bir kopyayı size vermek yerine, bir yayın içeriği hakkında sizinle konuşmak üzere bir tercüman kullanmayı da içerebilir. Aynı zamanda, büyük baskı ya da sesli sürümleri sunmak için elimizden geleni yapıyoruz. Lütfen bizi buradan arayın 01235 515 900 veya 0800 014 15 45 (Freephone - Ücretsiz Telefon).

### Bengali

যদি সহায়ক হয় তাহলে আমরা একটি ভিন্ন ভাষায় অনুবাদ পরিষেবা দেওয়ার জন্য যথাসাধ্য চেষ্টা করব। এর অন্তর্ভুক্ত হতে পারে আপনাকে কোনো প্রকাশনার মুদ্রিত অনুলিপি দেওয়ার পরিবর্তে সেই প্রকাশনার বিষয়বস্তু সম্পর্কে আপনার সঙ্গে কথা বলার জন্য একজন অনুবাদককে ব্যবহার করা। এছাড়াও প্রকাশনার বড় অক্ষরে ছাপা অথবা অডিও সংস্করণ দেওয়ার জন্য আমরা যথাসাধ্য চেষ্টা করি। অনুগ্রহ করে আমাদের সঙ্গে 01235 515 900 অথবা 0800 014 15 45 (Freephone) টেলিফোন নম্বরে যোগাযোগ করুন।



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