



It's a worrying time for households across Britain. Energy prices are rising, along with food bills and taxes.

LEAP can provide support and advice if you're struggling to cope.

A good place to start is to follow our simple energy saving tips - all of these can help to reduce your energy bills.

Further information and useful links:

LEAP is a **free** energy and money saving advice service that is helping people keep warm and reduce their energy bills without costing them any money.

VISIT OUR WEBSITE:
applyforleap.org.uk

You can find more information about saving energy in your home on The Energy Saving Trust's website:

energysavingtrust.org.uk

Home Energy Scotland

www.homeenergyscotland.org
0808 808 2282

Power cuts

www.powercut105.com
Call 105

Smell gas?

Call 0800 111 999

Winter Fuel Payment

www.gov.uk/winter-fuel-payment
0800 731 0160

Money Service Advice

www.moneyadviceservice.org.uk
0800 138 7777

Citizens Advice (England & Wales)

www.citizensadvice.org.uk
0800 144 8848 - England
0800 702 2020 - Wales

Citizens Advice (Scotland)

www.cas.org.uk
0800 028 1456

Simple Energy Advice

www.simpleenergyadvice.org.uk
0800 444 202

National Debtline

www.nationaldebtline.org
0808 808 4000



0800 060 7567*

Freephone to book your appointment, or apply online:

* Freephone available between 08:45 - 17:30 Monday to Friday

In association with



Top Tips
to keep warm,
save energy
& save money

Lower your energy bills with LEAP



1 Lower your thermostat by just 1°C to save up to 10% on heating

Aim for 18-21°C for comfort and use individual radiator valves for personalised settings.

2 Save energy by using natural light and switching off unused lights

Opt for energy-saving bulbs.

3 Eliminate standby power wastage

Use power saving plugs and turn off devices when not in use.

4 Enjoy your favourite shows responsibly

Use energy-efficient devices like laptops or tablets for lower-power consumption rather than TVs.

5 Lower laundry costs

Wash at 30°C and ensure full loads for each cycle.

6 Dry clothes outdoors to save energy and prevent indoor dampness

Tumble dryers are amongst the most energy intensive appliances in the home.

7 Ensure that your washing machine or dishwasher is always full before you put it on

Fewer loads equals lower energy bills.

8 Use a washing bowl instead of running a sink

It's a small change that saves water and money.

9 Swap one bath weekly with a shower

Cut water use, enhanced with a shower aerator.

10 Shortening showers by a minute saves energy

Especially with electric showers.

11 Read about the the Warm Home Discount

You will be contacted if you are eligible for a discount of £150 on your electricity bill.

12 Ensure meter readings are accurate to avoid overestimated bills

Consider a smart meter for automated accuracy.

13 Join the Priority Services Register

If eligible, you could receive additional energy service support.

14 Set your water heater to 60°C

Avoid continuous settings to save energy.

15 Cook efficiently

Matching pan size to burner and keeping lids on pots.

16 Arrange furniture to not obstruct radiators

Avoid using them to dry clothes to maintain efficient heating.

17 Manage fridge efficiency by maintaining temperatures at 3-5°C

Regularly defrost to reduce ice buildup. Cool food before refrigerating.

