

St Vincent's Housing Association

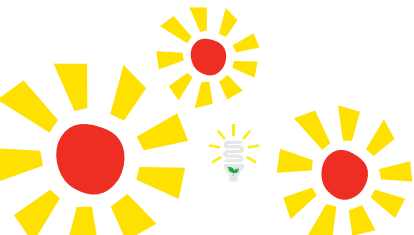


Fit For The Future Campaign
Saving You Money

Contents

Page

What is Fit for the Future	3
Your thermostat and room temperatures	4
Using water wisely	6
Electrical equipment	8
Light bulbs	10
Energy usage	12
Reduce, recycle, reuse	14
Budget busting recipe	15
Competition details	back cover




Fit for the future



We are talking to all of our customers this year to make sure:-

- ☀️ **Your homes are fit for the future.** This includes any energy saving measures we can put in place (for example cheaper electricity through renewable sources, such as the sun) and any measures you can put in place to reduce your energy use.
- ☀️ **The business is fit for the future.** The Customer Annual Report gives information about how we are doing
- ☀️ **Our customers are feeling fit for the future.** We are providing a range of services to assist customers with money management, accessing job clubs, training and work or volunteering

This guide is all about getting the most out of every penny you spend on energy. 

Turn your thermostat down

Reducing your room temperature by 1°C could cut your heating bills by up to 10% and save you around £50 per year.

If you have a timer, set your heating and hot water to come on when you need it rather than all the time.

Also, if you have radiators with valves you can control individually (thermostatic valves) it is worthwhile doing, as this helps you to direct warmth in the places you need it, can save money and be more energy efficient. Put thermal reflectors behind your radiators to reflect heat back into your room.

Top tips on room temperature

Use the St Vincent's room temperature gauge included in this pack, to make sure your room isn't too warm.

So that you can heat your home as efficiently as possible, it is important to make sure that your heating controls are set and used correctly. If you don't know how to do this, contact your Neighbourhood Officer, who can carry out an assessment on your home and give you some advice. This is the easiest way to keep your room at a comfortable temperature, and will also reduce your fuel bills and CO₂ emissions



Using water wisely

If you have a water cylinder you should turn it to 60°C. This is hot enough to kill any harmful bacteria, and heat your water sufficiently for household use.

If the temperature is any higher it is a waste of energy and there is an increased risk of scalding.

When you are cooking, always use the right size pan for the job, and the right sized hob ring for each pan. Remember to use a lid.

Consider taking a shower instead of a bath.

Top tips on water



Use less hot water with a lower temperature setting for the washing machine, dishwasher and shower.

Don't overfill the kettle, boil only as much water as you need.

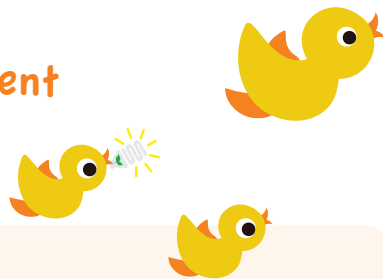
If you boil your kettle with only a cupful of water it will cost you about $\frac{1}{3}$ p, but make sure you cover the element

Over a full year this will cost you £5.61

If you boil a **full** kettle it will cost you $1\frac{1}{2}$ p

Over a full year this will cost you £29.08

Turn off electronic equipment on stand by



Don't leave appliances or equipment, such as televisions and DVD players on standby, and remember not to leave laptops and mobile phones on charge unnecessarily.

This could save you £40 a year.

You can buy a remote control extension lead which will help you to turn off all of your electronic equipment with the minimum of fuss, before you go to bed, or leave the house.

Remember, it is a fire risk if you leave equipment plugged in on stand by.

Top tips on appliances

If you are buying new, always chose A rated or A+ rated equipment which use less energy and reduces emissions.

Defrost your freezer regularly, an iced-up freezer costs more to run.

Washing machines use a surprising amount of energy

- Always fill the drum with laundry to get the most value from the water and energy you're using.
- Avoid using the extra rinse as this is a water waster.
- Switch to a 30°C wash instead of 40°C which can save you around £9 a year.



Switch to low energy or LED bulbs

These are a great and easy way to save energy. They plug straight into any lighting unit and use less energy. Some are even brighter than standard light bulbs but consume a lot less energy.

Low energy bulbs last up to 10 times longer than ordinary bulbs and using one can save you around £45 over the lifetime of the bulb.

If you have a garden, consider buying some solar lights which use the natural energy of the sun. As the lighting is mainly for decorative purposes, all the more reason to use this renewable source of energy.



Top tips on light bulbs

Turn off any lights you don't need, but do make sure you have enough lighting on the stairs and hallway.

Avoid switching lights on and off regularly. The bulb will use more energy when first switched on.

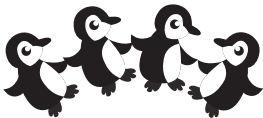
Leave your curtains open during the day to make the most of any natural light, but close them as soon as it goes dark, to keep the room warm



Monitor your energy use

A home energy monitor is an easy way to see how much electricity you're using and what it costs. People who use home energy monitors often find their energy use drops by 5% in the first year.

Think about your carbon footprint. This is a measure of the impact our activities have on the environment, and particularly climate change. It relates to the amount of greenhouse gases produced in our day to day lives through burning fossil fuels for electricity, heating and travel. You can measure your own carbon footprint by logging on to www.carbonfootprint.com



Top tips on energy use



Home energy monitoring meters measure energy as you use it. This way you can see quite clearly just how much any of your household appliances and equipment is costing you.

Contact your energy supplier to see if you can get a free monitor for your home, but if not, they cost around £30 and are available from any large DIY store.

According to the Energy Saving Trust, the average household could save around £250 through energy efficiency measures, such as closing the curtains once it has gone dark, or closing windows if its cold outside.

Reduce, Recycle, Reuse

Choose reusable products instead of disposables and buy products with minimal packaging to reduce waste.

Recycle paper, plastic, newspaper, glass and aluminium cans. By recycling half of your household waste, you can save 2,400 pounds of carbon dioxide annually.

Top tips on: **Reducing landfill** - buy a shopping bag

Recycling - donate your old clothes to charity

Reuse - buy refill packs for household cleaners - they use less materials and are cheaper.



Tomato and Bread Soup - A Budget Recipe to save money and fill the family with fuel

Mix the tomatoes with a clove of garlic, a glug of olive oil and seasoning, and roast at 180°C/350°F/gas 4 for 20 minutes.

Heat a glug of olive oil in a pot, add a garlic clove and the basil stalks and fry for a minute, then add tinned tomatoes, fill the tin with water and add that. Bring to the boil and simmer for 15 minutes. Add the bread, season, tear in the remaining

basil and simmer for 10 minutes. Add the roasted tomatoes to the pot, scraping in the sticky bits

Ingredients

Serves 4 at £1.12 each

- 500g ripe tomatoes
- 3 cloves of sliced garlic
- bunch of basil, leaves picked, stalks chopped
- olive oil
- salt and pepper
- 2 x 400g tins of plum tomatoes
- 2 large handfuls of stale bread

There are 8 low energy lightbulbs
hidden in this guide.



Find them all and fill in the slip
enclosed to stand a chance of winning
1 of 10 prizes, each worth over £100,
which will help turn your home into
an energy and money saving
super-home



St Vincent's Housing Association Metropolitan House 20 Brindley Road
Old Trafford Manchester M16 9HQ
Tel: 0161 772 2120 or 0845 606 6565
www.svha.co.uk email: enquiry@svha.co.uk