

Quick and easy money and energy saving tips!



Replacing all your bulbs with energy saving ones.
Make sure you always turn the lights off when you leave a room.

Have a shower instead of a bath to save water.

Keeping curtains closed at night helps keep the warmth in.

Switching sense - Compare gas and electric prices and make sure you're getting the cheapest deal for you.

Turn the tap off when you're brushing your teeth to save water.

Try and draught proof - why not try a draught excluder?

Get a smart meter, contact your gas and electric supplier to get one set up, so you know exactly where you are in pounds and pence.

Get a water butt to collect rain water, you can save water and use this to water your garden,

Turning your heating down by 1° will save you money.

Always make sure to turn the tap off completely, a leaking tap wastes water.

Fill the kettle with only as much water as you need at the time.

Turn off appliances when you're not using them, don't leave them on standby.

Wash at 30° and make sure you wash full loads.

Wash up in a bowl instead of leaving the tap running.

If you are replacing appliances make sure they're energy rating A.

Use a watering can in the garden, or a handheld hose pipe. Don't waste water with a sprinkler!

How to compare gas and electricity tariffs

Ofgem (The Office of Gas and Electricity Markets) regulates the companies who run the gas and electricity networks. They have approved a number of online comparison sites that are a good place to look when comparing energy tariffs and suppliers.

As Quotezone quotezone.co.uk

The Energy Shop theenergystore.com

Runpath runpathdigital.com/gas-electricity

Simply Switch simplyswitch.com

My Utility Genius myutilitygenius.co.uk

Energylinx energylinx.co.uk

Unravel It unravelit.com

Money Supermarket www.moneysupermarket.com

Energy Helpline energyhelpline.com

uSwitch uswitch.com

Switch Gas and Electric switchgasandelectric.com



Looking for more information? Here's some useful contacts

The Energy Saving Trust can help you work out the best energy saving measures for your house. You can call them on **0800 512 012** or visit the website at energysavingtrust.co.uk



Nest offers free, impartial advice and support to help you reduce your energy bills. You can call them on **0800 808 2244** or visit nestwales.org.uk



Citizens Advice provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities. You can call **03444 77 20 20** or visit citizensadvice.org.uk/wales



The Money Advice Service offers free impartial advice. You can call them on **0800 138 7777** or visit the website at moneyadvice.service.org.uk



National debtline has more than 40 fact sheets and guides giving debt advice and information. You can call **0808 808 4000** or visit nationaldebtline.org



Turn 2 us is a national charity that helps people in financial hardship gain access to welfare benefits, charitable grants and support services. You can call them on **0808 802 2000** or visit turn2us.org.uk



Freecycle is a grassroots and entirely nonprofit movement of people who are giving (and getting) stuff for free in their own towns. freecycle.org



Recycle for Wales can help you recycle at home, find out how at recycleforwales.org.uk



Green Choices is about making choices to protect our environment. They provide simple information on green alternatives that can make a lasting difference greenchoices.org



Keep Wales Tidy has initiatives that focus on protecting the environment and preserving the natural landscape for current and future generations. keepwalestidy.org



Dwr Cymru Welsh Water have tips and advice on saving water. Visit their website dwrcymru.com to find out more



Smart Energy GB is the national rollout for smart meters. Find out more on their website smartenergygb.org

