

# Install energy measures for further savings



The Nest scheme (see overleaf) has been launched in Wales to support those in fuel poverty through installing measures to keep warmth in the home, such as:

**Cavity Wall Insulation:** CWI significantly reduces the amount of energy you need to heat your home and saves around £110 a year on fuel bills.

**Solid Wall Insulation:** Insulating solid walls with external or internal insulation saves around £375 a year on your energy bills



**Loft Insulation:** If you don't already have insulation in your loft you could save around £145 a year on your bills by installing it, or top up your existing loft insulation to 270mm.

**Tanks and pipe insulation:** Both tank and pipe insulation keep your water hotter for longer by reducing the amount of heat that escapes.

**Double Glazing:** Creates an insulating barrier that reduces heat loss, noise and condensation.

**Micro renewables to generate your own energy:** Installing solar panels, wind turbines, and heat pumps in your own home has never been easier and there are grants available to help fund their installation. Some energy companies and installers are offering to install

free micro renewables AND you'll receive free energy! Contact your energy company to find out if you are eligible for a free micro renewable scheme.

**Find out more** about energy efficient installations and grants by contacting your energy company or visiting:  
[www.torfaenhomes.co.uk](http://www.torfaenhomes.co.uk)  
[www.energysavingtrust.co.uk](http://www.energysavingtrust.co.uk)

# Grants and information



**Nest** is the Welsh Assembly Governments flagship scheme to combat fuel poverty in Wales.

If you are finding it difficult to pay your energy bills you may be eligible to access free energy efficiency improvements including loft and cavity wall insulation, draft proofing and boiler replacement. Nest also provides callers with guidance on benefit entitlement, energy tariffs and money management.

For energy advice and eligibility for the Nest scheme visit:  
[www.nestwales.org.uk](http://www.nestwales.org.uk) or telephone **0800 512 012**

## Useful Contacts



For free, independent and local energy saving advice and to find out more about energy efficient installations including insulation, micro renewables and grants:

**Energy Saving Trust:** 0800 512 012  
[www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)



For information on Nest, Wales's New Fuel Poverty Scheme grant and advice:

**Nest:** 0808 512 012  
[www.nestwales.org.uk](http://www.nestwales.org.uk)



For further information on energy saving, installations and to fill out a home energy use survey visit:

**Torfaen Homes:**  
[www.torfaenhomes.co.uk](http://www.torfaenhomes.co.uk)

*You should also contact your energy company directly to discuss your tariff and for information on promotions and grants.*

# Make your home energy efficient



Save energy  
Save money  
Save your environment

# Why should my home be energy efficient?

**Simple changes to your daily habits can save you money each month and help the environment.**

Using energy from fossil fuels (oil, gas, and coal) in the home releases carbon dioxide into the environment—the gas most responsible for climate change. Climate change will bring more extreme weather to the UK, including stormier and wetter weather with more widespread flooding. It will effect everybody in the UK.



Fossil fuels wont last forever and prices will increase as supplies dry up. In contrast, **renewable energy** – such as

wind, water, solar and geothermal energy are clean non-pollutant sources of energy and will never run out!



**Micro renewable installations**

such as solar panels, wind turbines and heat pumps generate free

renewable energy for your own home. With the deals and grants currently on offer (in some cases free) it is worth considering installing these in your own home.

## What can I do?

**We can all act now to reduce the effects of climate change!**

By taking on one of the following energy saving tips you will help to reduce your **carbon footprint** and save money on your energy bills!

# Become energy efficient and save money

That's right, you can save energy and money at no additional cost to yourself! The biggest long-term savings come from changing your energy habits and being more energy efficient around the home.

 **Switch OFF lights** and appliances when they are not needed. Stand-by still uses energy.

 **Don't fill the kettle** with more water than you need, it wastes money, time and energy.

 **Turn DOWN your heating** Turning down your thermostat by 1 degree can save up to 10%

 **Reduce your hot water temperature** to 60 degrees, which is adequate for washing and bathing.

 **Only wash full loads** in washing machines and dishwashers - saving detergent, energy, money and water.

 **Fix leaking taps** a dripping hot water tap wastes energy and in one week wastes enough hot water to fill half a bath.

 **Use energy saving light bulbs** they last up to 10 times longer than ordinary bulbs, and using one can save you around £45 over the lifetime of the bulb.

 **Do a home energy check.** By answering a few questions about your home the Energy Saving Trust will give you a free, impartial report telling you how you can save money and energy

**Visit: [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)**



# How can I change my energy supplier?

**Changing your energy supplier can save you hundreds of pounds a year.**

## Step 1

Find out your how much you spent on gas and electricity in the past year by looking at your previous bills.

Decide if you want to change both your gas and electricity supplier– duel fuel deals are often cheaper.

## Step 2

Enter your details into an approved price comparison web-site to compare energy supplier prices and tariffs.

## Step 3

Choose a new energy supplier/tariff and begin saving! There will be no interruption to your gas or electricity supply while you are switching.



You could also contact Cyd Cymru Wales Together, the Collective Energy Switching project, which negotiates on behalf of Welsh residents to find cheaper tariffs.

## Make changes to your tariff

**Switch to monthly direct debit:** fixed monthly direct debit payments can save you 5-10%

**Read your meter** every time you receive a bill. Your energy provider's estimate may be wrong.

**Switch to your companies internet tariff:** save up to 10% for having your bills e-mailed to you.

**Speak to your energy company:** special tariffs are available for those in financial hardship and your company can provide you with advice on saving energy.