

# Small Measures that make a big difference

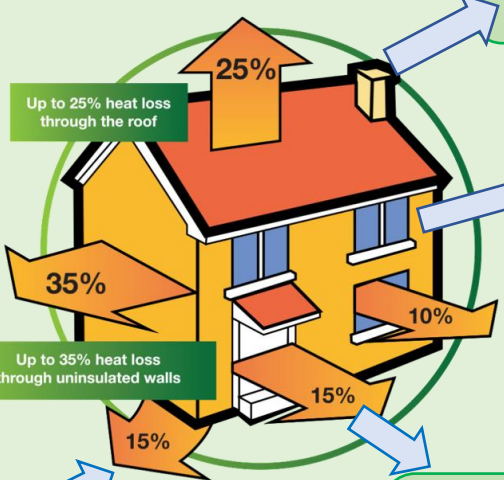
Links to quick fix products:



<https://bit.ly/MHSGflyer>

## 1. Keep heat in. Keep cold out

Never block boiler flues, air bricks, or trickle vents, and avoid 'over draught proofing' windows in kitchens and bathrooms where moist air needs to escape.



Reflect back heat from radiators  
Bleed rads



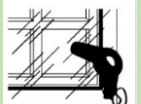
Adjust boiler flow and thermostat. Install smart thermostat



Stop cold coming through the floor



Stop heat going up the chimney



Stop heat going out the windows



Doors let out the heat and let in the cold

## 2. Use less electricity and Gas

Check out the Centre for Sustainable Energy (CSE)'s mythbusters



### What can you do with one kWh?

- 6 minutes using an electric shower,
- 20 minutes using an immersion heater,
- 30 minutes cooking in an oven,
- 10 boils of a kettle,
- 1 washing machine cycle,
- 1 hour of ironing,
- 3 hours of television,
- 3 hours of running a fridge-freezer,
- 4 hours of desktop computer use,
- 48 hours of laptop computer use,
- 1 night warming an electric blanket,
- 5 days of connecting your internet.

Switch off appliances, chargers and lighting not in use



Hang up wet washing rather than tumble dry



Microwave rather than use oven



GU10 LED Bulbs



MR16 LED Bulbs



B22 LED Bulbs

Low Energy Bulbs (LED)



Shower with less water

Visit Energy Savings Trust for quick tips to save money



<https://bit.ly/ESTtips>

Flyer Sponsored by:



<https://mhsgroup.org/>

Visit MHSG Green Open Homes page to see bigger measures homeowners have installed

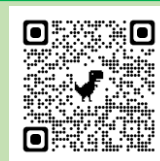


<https://mhsgroup.org/greenopenhomes2022/>

## Where to get ££££ help with your bills?

### Government payments to all bill payers

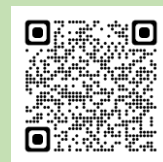
**Help with your bills** – lists all the payments the Government will make to help with everyone's energy bills



<https://bit.ly/help-bills>

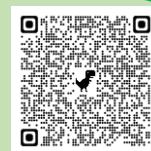
### Government payments for those on benefits, including state pension

**The Government** has produced this quick way to see if you are entitled to financial help. <https://www.simpleenergyadvice.org.uk/grants>

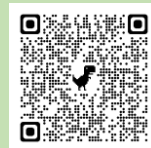


### Advice on debt

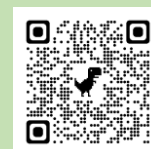
**Citizens Advice** – has help resources if you are struggling to pay your bills <https://bit.ly/cit-advice-bills>



**Money Helper Debt advice** has a tool to locate debt advisors. <https://bit.ly/money-helper>



**Lightening Reach** is an organisation that brings together grant providers with applicants. <https://www.lightningreach.org/application-portal>



### Help across London

**The Mayor's Help in a Crisis** information points to **Turn2Us**. <https://grants-search.turn2us.org.uk/>

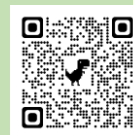


<https://bit.ly/LDNHelp>

### Advice for Haringey residents.

**SHINE**

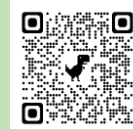
<https://shine-london.org.uk/>



Are the energy and money saving services for Haringey people

**LEAP**

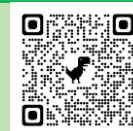
<https://bit.ly/leapharingey>



### Your Energy Provider

**Charis Grants** links to latest help from many energy suppliers. For other suppliers check for help options on their web site.

<https://charisgrants.com/individuals/>



Flyer sponsored by:

