

Worried about your energy bills?

We're here to help

Here to help

Home Energy Scotland is funded by the Scottish Government to help householders reduce their heating costs and make their homes warmer and more energy efficient.

In this toolkit, you'll find:

- Newsletter copy for use in any publications you create
- Some top energy saving advice tips for use across your communication channels
- Suggested posts for your Facebook and Twitter accounts

If you have any questions at all, please contact partnership@sc.homeenergyscotland.org

News article



Worried about your energy bills? Home Energy Scotland can help

On Thursday 3 February, Ofgem announced an increase to the energy price cap meaning that many Scottish households will see increases in energy bills from 1 April 2022. The increases are driven by a record rise in global gas prices over the last six months, with wholesale prices quadrupling in the last year alone. While you might find this news worrying, we want to assure you that we're here to help.

Home Energy Scotland is an energy advice service funded by the Scottish Government to help people in Scotland create warmer homes, reduce their energy bills, and lower their carbon footprint. The service has no affiliation with energy suppliers and the team never cold call.

As well as providing practical tips and impartial advice for reducing the amount of energy you use at home to keep your bills low, our expert advisors can check if you're eligible for special discounts from energy suppliers and other funding to improve the energy efficiency of your home. We can also help you get a benefits and tax credit check so you're not missing out on additional income.

Get in touch

If you're struggling to keep warm at home and keep up with your energy costs, call freephone **0808 808 2282**, send an email to **adviceteam@sc.homeenergyscotland.org**, or request a call-back via our website at **homeenergyscotland.org**. Lines are open Monday to Friday 8am to 8pm and Saturday from 9am to 5pm.

Our top saving energy quick wins!

Not all energy saving measures are expensive and time consuming. You might be surprised by how much money you could save by making simple changes to cut your energy use at home. Start with our practical quick wins!

1. Did you know around one fifth of the average household's heating bills are spent on heating water for showers, baths and hot water from the tap? Reducing your time to just four minutes in the shower could save you **£65 a year**
2. You could be wasting **11 litres a minute** while brushing your teeth or doing the washing up so use a universal sink plug and fill the sink with only the water you need when washing dishes.
3. Make sure that dishwashers and washing machines are full before you use them, and ensure you regularly use the most efficient water and energy settings. Using your washing machine at **30 degrees** uses much less energy compared to a higher temperature but will still clean your clothes effectively.
4. Your room thermostat should be set to the lowest comfortable temperature (typically between 18°C and 21°C). Turning down the room thermostat by one degree can save up to **£55 a year**.
5. Did you know nearly 40% of people leave consoles on or on standby when they're not using them? You could save **£55 a year** on your energy bills just by switching yours off.

Funded by the Scottish Government, Home Energy Scotland provides free and impartial energy advice to help people reduce their energy costs and create warmer homes.

To find out how Home Energy Scotland can help you, call freephone **0808 808 2282**, send us an email to **adviceteam@sc.homeenergyscotland.org**, or request a call-back via our website at **homeenergyscotland.org**. Lines are open Monday to Friday 8am to 8pm and Saturday from 9am to 5pm.