

Energy Saving

Community Workshop

March 2024

Co-funded by
**Letchworth
Garden City**
Heritage Foundation

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- Energy Price Cap
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Energy price cap (EPC)

- Ofgem sets a quarterly energy price cap (EPC) on gas and electricity prices, on the daily standing charges and unit price per Kilowatt per hour
- [Energy Price Cap calculator – MoneySavingExpert](#)
- [Stick, switch or fix your energy tariff – MoneySavingExpert](#)

Item	01/04/24 – 30/06/24
Gas daily standing charge	31 pence
Gas unit price KWh	6.04 pence
Electricity daily standing charge	60 pence
Electricity unit price KWh	24.5 pence
Annual costs for typical household (12,000 KWh gas & 2,900 KWh electricity)	£1690

Regular government support

- £150 warm homes discount
- Up to £300 winter fuel payment for pensioners
- £25 cold weather payment
- Discretionary household support fund payment

Struggling to pay?

- Contact your supplier to negotiate
 - Payment break
 - Payment review/reduction
 - Temporary credit – if you can't afford to top up your prepayment meter
 - Also ask if they have any off-peak schemes (with reduced tariffs)
- Call Citizen Advice National Consumer Help Line -
- [What to do if you're struggling to pay your energy bills - Citizens Advice](#)
- [Fact Sheet - Dealing with high gas and electricity bills - National Debtline](#)
- [What to do if you're struggling to pay your energy bills – MSE](#)
- Emergency fuel vouchers (prepayment meters only)

Energy efficiency improvement grants

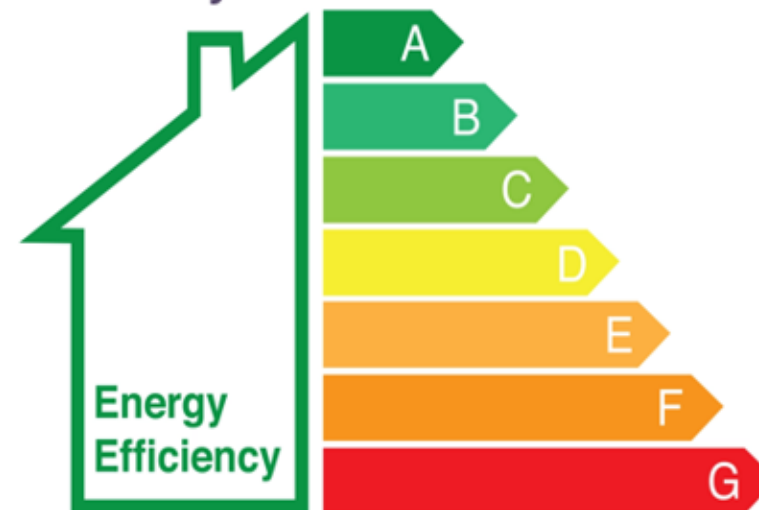
- Where to go for advice and grants:
 - [Great British Insulation scheme](#)
 - Your energy supplier
 - Local council
 - Contractor
- Qualifying criteria for grants - varies
 - Council Tax band – generally A to D
 - Energy Performance Certificate - generally D or worse (E for rentals)
 - Household Income - £31,000 pa
 - Disabled and low income groups may receive additional help under the Energy Company Obligation Scheme (ECO Plus)

Poor energy efficiency



Thermal imaging cameras
can identify heat loss

Energy Performance Certificates
(EPC) measure the energy
efficiency standard of homes.



Homes rated F or G are considered
dangerously cold and a risk to health.

[Find an energy certificate - GOV.UK](https://www.gov.uk/find-an-energy-certificate)

Excess winter deaths

- 30% of excess winter deaths (the difference between winter & summer deaths) are due to cold homes – 10,000 a year – mostly over 75

Health conditions closely associated with cold homes

- Cardiovascular illness, e.g. coronary heart disease, stroke, hypertension
- Respiratory illness, e.g. seasonal flu, COPD (chronic obstructive pulmonary disease), asthma
- Poor mental health
- Increased risk of falls
- Excessive heat (greater than 24c) can lead to dehydration and some similar symptoms as hypothermia

People with disabilities, wheelchair users and bedbound are all especially vulnerable

Children also suffer from cold homes – health condition

Temp.	Effect
18°C	Minimal risk to healthy person Vulnerable households may need higher temperatures
Under 18°C	May increase blood pressure & risk of cardiovascular disease
Under 16°C	May diminish resistance to respiratory diseases
4-8°C	Outdoor temperature threshold for risk of death
5°C	High risk of hypothermia

Dangers of carbon monoxide

- Carbon Monoxide can come from any carbon burning appliance that is not burning correctly – also known as CO poisoning
- You can't see it or smell it!
- It stops the blood carrying oxygen and can be fatal
- Safety measures:
 - Be aware of the [symptoms](#) of CO poisoning
 - Ensure you have a carbon monoxide detector in your home, test them regularly and ensure they haven't expired (expiry date on unit)
 - Get your boiler and other gas appliances checked/serviced regularly
 - Make sure chimneys & flues are not blocked

Priority service register





General house

- Loft and cavity wall insulation
- Immersion heater jacket
- Turning down the heating
- Draft Excluders

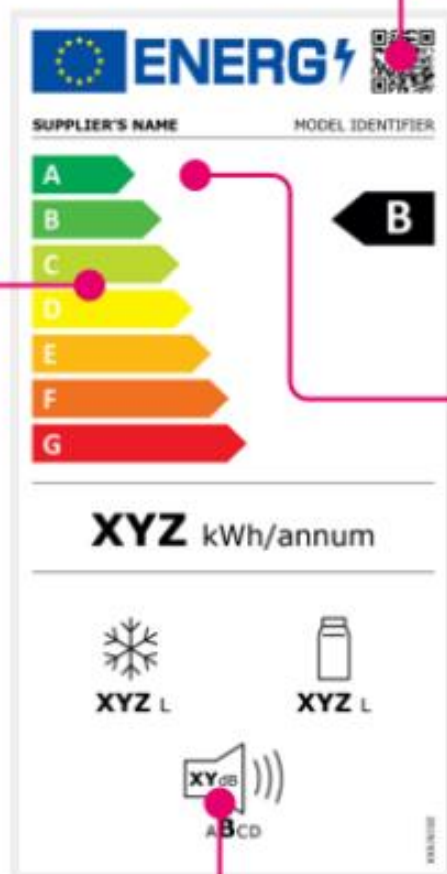
In pairs and list things you could do to improve the energy efficiency in each room (time 5 minutes)

- Living room
- Kitchen
- Bathroom
- Bedroom

MSE Energy Aware (moneysavingexpert.com)

Energy efficiency labels

Every household appliance features an EU energy label that provides info about the energy efficiency of the product



Scan the QR code using a smartphone to access more information about the appliance

'A' (dark green) rated products use less energy and help you to lower your energy bills and CO2 emissions

Pictograms provide information about things such as water usage, noise emitted, storage capacity, etc.



[Energy Calculator – Citizen Advice](#)

Energy saving tips – Every little helps!

- [Energy Saving Tips](#)
- [Short energy saving videos](#)

How to save money on your energy bill

£ savings on annual bill



£105*

Turn thermostat
down one degree



£35 per
person

Take four-minute
showers and swap
one bath a week
for a shower



£20

Switch off lights
when leaving a
room



£14

One less wash a week
(dishwasher or
washing machine)

Total: **£174**

• Low & No-cost Tips

- Switch off standby
- Turn off lights when you leave a room
- Avoid over filling the kettle
- Wash at 30° instead of 40°
- Ditch the tumble dryer
- Cut your shower time
- Cook in batches if possible
- Draught-proof gaps
- Turn down your heating controls by 1°
- Fill your dishwasher before using
- Insulate your hot water cylinder
- Close curtains in the evenings
- Heat the human

Smart meters

Pros

- Automatic meter readings
- No more estimated bills
- In-home display
- Cheaper tariff as an incentive
- Pre-payment smart meters
 - Additional methods to top-up,
 - Automatic top-up
 - In-home display warning when you need to top-up

Cons

- Cases of inaccurate readings
- SMET1 loses “smart” functionality when you switch supplier
- SMET1 poor mobile signal in rural areas cause transmission problems

Information & Support

- How to access us
 1. Search for Citizens Advice North Herts in your browser
 2. Visit our website
 3. Click this icon to access our “[Free Information Sessions](#)”
- From this page you can also visit:
 - [Letchworth Financial Health Project](#)
 - [Useful Links Page](#)
 - [Frequently Asked Questions](#)
- Other organisations who can also help:
 - [MoneyHelper](#)
 - [HertsHelp](#)
 - [Christians Against Poverty](#)

Letchworth Financial Health
FREE Information Sessions



- Complete the Feedback form
- Information sessions available:
 - Bank & Saving Accounts
 - Being Consumer Savvy
 - Budgeting
 - Choosing Credit
 - Cost-of-living Support
 - Energy Savings
 - Scam Awareness
 - Understanding Debt

