

Small changes can make a huge difference.... Here are some tips on how making small changes around your home can save you money on your utility bills



Change your home from cold to cosy this winter



Spending less time in the shower each day will help save on your annual energy bills



Turning down your thermostat by 1 degree could reduce your bills by up to 10%! Try and keep your home between 19 and 21 degrees



Try not to use your lights unless they're needed - and switch off when you leave the room.



Do not charge mobile phones all night as once they are charged you may still be using electricity.



Making sure your central heating is set up right can help save you a substantial amount of money. If you have storage heaters, remember to close the output dial before you go to bed or if you go out during the day. This stops the release of heat when it isn't needed.



Choose the right size pan and put lids on pots when cooking. The food cooks more quickly, saving energy and releasing less moisture into the kitchen.



Close your curtains at dusk to stop heat escaping through windows. Just make sure they don't cover radiators or heaters.



Replace your light bulbs with energy saving recommended ones - just one bulb can reduce your lighting costs by up to £100 over the lifetime of the bulb.



You can save £££ a year just by remembering to turn your appliances off standby mode.

There are Grants to help older people in Cumbria stay warm and healthy

[Cumbria Community Foundation - Connecting People Who Care With Causes That Matter \(cumbriafoundation.org\)](http://cumbriafoundation.org)

To find out more on energy relief please visit: <https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills/>