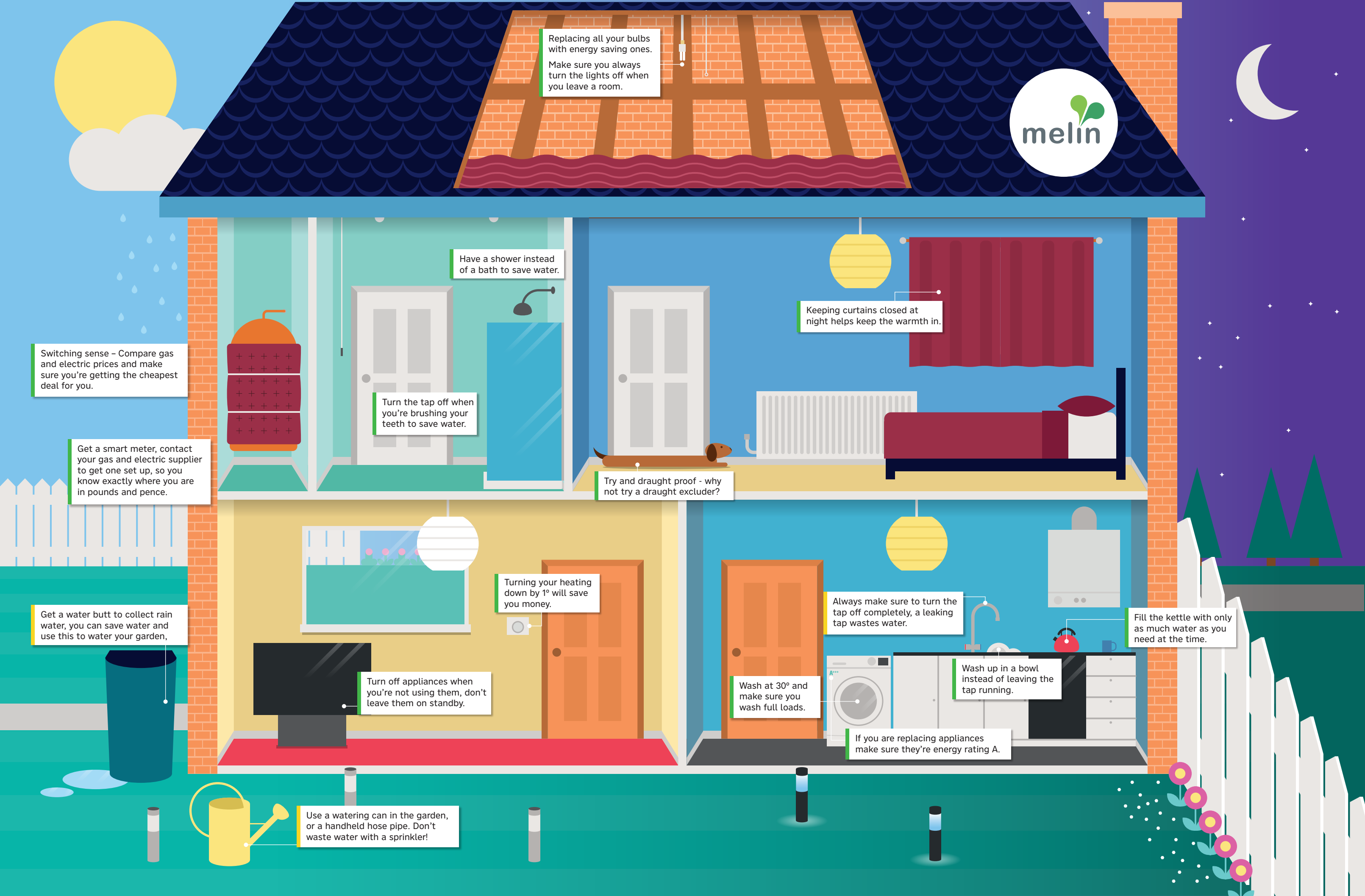


# Quick and easy money and energy saving tips!



Replacing all your bulbs with energy saving ones.  
Make sure you always turn the lights off when you leave a room.

Have a shower instead of a bath to save water.

Keeping curtains closed at night helps keep the warmth in.

Turn the tap off when you're brushing your teeth to save water.

Try and draught proof - why not try a draught excluder?

Switching sense - Compare gas and electric prices and make sure you're getting the cheapest deal for you.

Get a smart meter, contact your gas and electric supplier to get one set up, so you know exactly where you are in pounds and pence.

Get a water butt to collect rain water, you can save water and use this to water your garden,

Turning your heating down by 1° will save you money.

Turn off appliances when you're not using them, don't leave them on standby.

Always make sure to turn the tap off completely, a leaking tap wastes water.

Fill the kettle with only as much water as you need at the time.

Wash at 30° and make sure you wash full loads.

Wash up in a bowl instead of leaving the tap running.

If you are replacing appliances make sure they're energy rating A.

Use a watering can in the garden, or a handheld hose pipe. Don't waste water with a sprinkler!

# How to compare gas and electricity tariffs

Ofgem (The Office of Gas and Electricity Markets) regulates the companies who run the gas and electricity networks. They have approved a number of online comparison sites that are a good place to look when comparing energy tariffs and suppliers.

As Quotezone [quotezone.co.uk](https://quotezone.co.uk)

The Energy Shop [theenergyshop.com](https://theenergyshop.com)

Runpath [runpathdigital.com/gas-electricity](https://runpathdigital.com/gas-electricity)

Simply Switch [simplyswitch.com](https://simplyswitch.com)

My Utility Genius [myutilitygenius.co.uk](https://myutilitygenius.co.uk)

Energylinx [energylinx.co.uk](https://energylinx.co.uk)

Unravel It [unravelit.com](https://unravelit.com)

Money Supermarket [www.moneysupermarket.com](https://www.moneysupermarket.com)

Energy Helpline [energyhelpline.com](https://energyhelpline.com)

uSwitch [uswitch.com](https://uswitch.com)

Switch Gas and Electric [switchgasandelectric.com](https://switchgasandelectric.com)



# Looking for more information? Here's some useful contacts

The Energy Saving Trust can help you work out the best energy saving measures for your house. You can call them on **0800 512 012** or visit the website at [energysavingtrust.co.uk](https://energysavingtrust.co.uk)



Nest offers free, impartial advice and support to help you reduce your energy bills. You can call them on **0800 808 2244** or visit [nestwales.org.uk](https://nestwales.org.uk)



Citizens Advice provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities. You can call **03444 77 20 20** or visit [citizensadvice.org.uk/wales](https://citizensadvice.org.uk/wales)



The Money Advice Service offers free impartial advice. You can call them on **0800 138 7777** or visit the website at [moneyadviceservice.org.uk](https://moneyadviceservice.org.uk)



National debtline has more than 40 fact sheets and guides giving debt advice and information. You can call **0808 808 4000** or visit [nationaldebtline.org](https://nationaldebtline.org)



Turn 2 us is a national charity that helps people in financial hardship gain access to welfare benefits, charitable grants and support services. You can call them on **0808 802 2000** or visit [turn2us.org.uk](https://turn2us.org.uk)



Freecycle is a grassroots and entirely nonprofit movement of people who are giving (and getting) stuff for free in their own towns. [freecycle.org](https://freecycle.org)



Recycle for Wales can help you recycle at home, find out how at [recycleforwales.org.uk](https://recycleforwales.org.uk)



Green Choices is about making choices to protect our environment. They provide simple information on green alternatives that can make a lasting difference [greenchoices.org](https://greenchoices.org)



Keep Wales Tidy has initiatives that focus on protecting the environment and preserving the natural landscape for current and future generations. [keepwalestidy.org](https://keepwalestidy.org)



Dwr Cymru Welsh Water have tips and advice on saving water. Visit their website [dwrcymru.com](https://dwrcymru.com) to find out more



Smart Energy GB is the national rollout for smart meters. Find out more on their website [smartenergygb.org](https://smartenergygb.org)

