

Keep warm and save money this winter

By keeping yourself warm

- ❄️ Wearing more jumpers, socks and slippers around the house means you won't be tempted to turn the heating up. Clothes made from wool, cotton or fleecy fabrics are a major benefit in the colder months.
- ❄️ Wear several thin layers, rather than one thick layer. This is because they trap warm air close to the body.
- ❄️ Keep active if you can as you will feel the cold less and this will also reduce your chances of becoming ill.
- ❄️ Your body keeps warm by burning food you've eaten, so regular hot meals are essential. Concentrate on foods that contain carbohydrates, such as potatoes, pasta, bread and rice. Try porridge with hot milk for breakfast and soups and stews for lunch and dinner.
- ❄️ Wear warm clothes in bed. When it's really cold, wear thermal underwear, bed socks and even a hat.
- ❄️ Try to keep your feet up, because air is cooler at ground level.



Keep warm and save money this winter

By heating your home



- ❄️ **Open the curtains on your south facing windows during the day to allow sunlight to naturally heat your home, close them at night to reduce the chill you may feel from cold windows.**
- ❄️ **Keep any windows and doors closed when it's cold – this will keep heat inside, where you need it the most.**
- ❄️ **Thick curtains are one of the main ways to protect your home from losing heat through the windows. Curtains with a thermal lining are a cost effective option.**
- ❄️ **Make sure furniture is not in front of storage heaters as it will make your room harder to heat.**
- ❄️ **Invest in keyhole covers and draught excluders, they help keep the draughts out in cold weather.**
- ❄️ **It is important to set your storage heating controls correctly. You should not need your storage heater output controls set to high all the time.**





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By saving energy



❄ Don't leave electrical items, like the TV and DVD player on standby - switch them off. Items on standby use 85% of the energy they would use if left on.

❄ Turn off electrical chargers once your appliance is at full power, such as a laptop or mobile phone.



❄ If you have a dishwasher, fill it up before using it and use the eco setting, it's more energy efficient.

❄ Only boil as much water in a kettle as you need.

❄ Place lids on the pans as it prevents wastage of heat and cooks food quicker.

❄ Wash your clothes at 30 or 40°C; most washing powders are optimised to work at low temperatures.

❄ Do not put your clothes on a storage heater to dry, it is a fire hazard.

❄ Avoid using the tumble dryer – You can still hang your clothes outside when it's dry or use an indoor clothes horse when the weather is bad.



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Did you know?

- ❄ Using an electric blanket isn't as cost effective as using more blankets, or a hot water bottle, to keep warm on a night.
- ❄ You shouldn't block air vents as it can cause condensation and mould.
- ❄ Turning your output control down to '1' before you go to bed will help save you money and save heat to use the following day.
- ❄ It is more energy efficient to turn the lights off when the room is not being used.



If you would like further help or have any questions, please feel free to contact the Sustainability team on 0345 8 507 507 or e-mail sustainabilityteam@wdh.co.uk