

# 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, and close them at night to reduce the chill you may feel from cold windows.
- ❄️ Keep windows and doors closed to keep the heat in, but don't forget to open your windows for 10 minutes each morning to ventilate and get rid of damp air. Your house will heat up faster if the air is drier.
- ❄️ 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 relatively cheap option.
- ❄️ **Make sure curtains or furniture are not in front of radiators as your boiler has to work harder to heat the home.**
- ❄️ Invest in keyhole covers and draught excluders, they are a cost effective way to keep the draughts out in cold weather.
- ❄️ You should not need your heating on all the time. It is important to set your heating to turn on only when it is required.



# By wrapping up

- ❄ 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 these colder months.
- ❄ Keep active if you can as you will feel the cold less and you can 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.



- ❄ **Wear several thin layers, rather than one thick layer. This is because they trap warm air close to the body.**



# By saving energy

- ❄ Don't leave electrical items, like the TV and DVD player on standby. Switch them off as items on standby will use 85% of the energy they would use if left on.
- ❄ If you have a dishwasher, fill it fully before using it and use the eco setting so 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.
- ❄ Avoid putting your clothes on a radiator to dry as it stops heat reaching the rest of the room.
- ❄ 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.



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



# 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 dangerous mould spores to form.
- ❄ Keeping the heating on all day on low does not save you money. It takes less energy to warm up a cold room than it does to maintain a constant temperature.
- ❄ It is more energy efficient to turn the lights off when the room is not being used.



- ❄ Turning up the heating above the recommended 18-21°C doesn't warm your home faster.

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