

## Observations from your in-home display

You can use this space to record things you notice on your display...



## Your toolkit for saving energy around your home

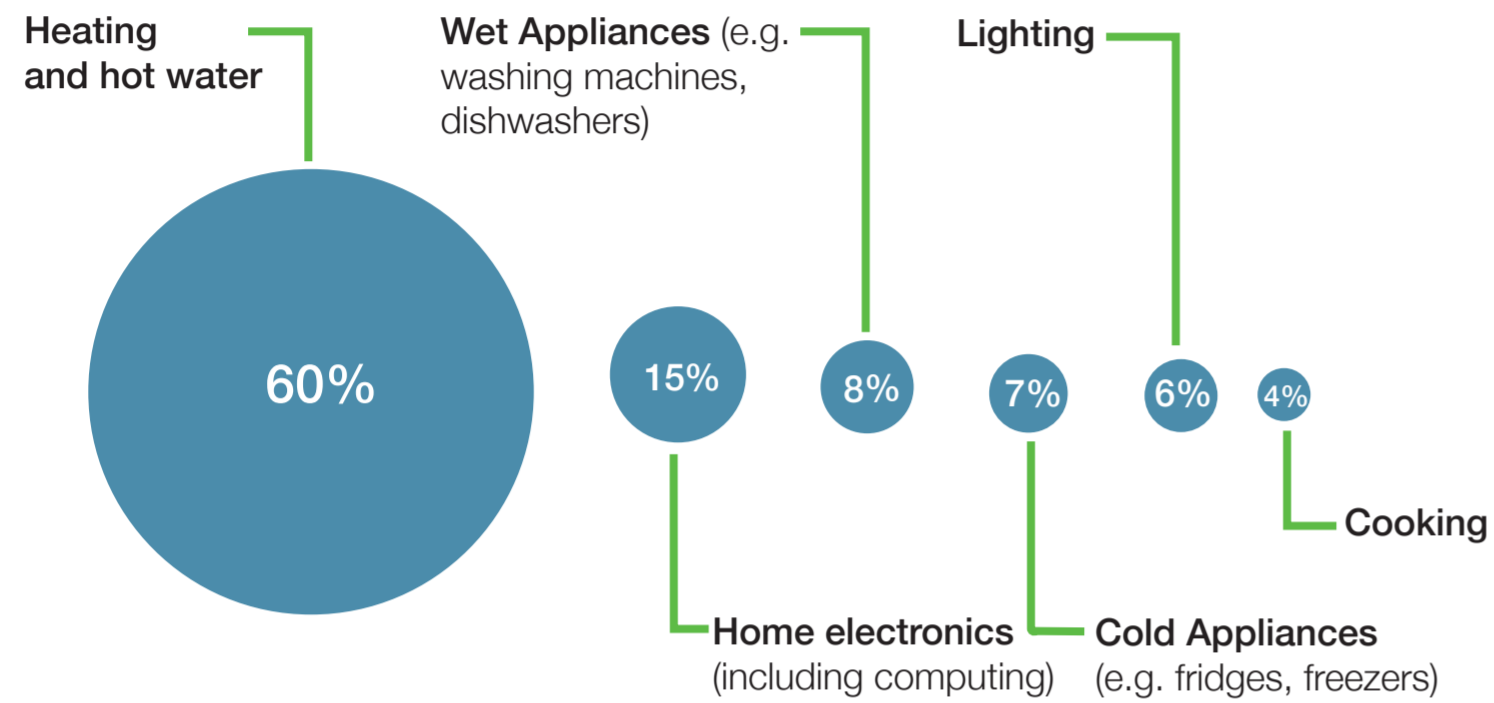


## Remember tree ways of saving energy around your home.

- set your thermostat between 18°C and 21°C
- wash clothes on a full load at 30°C
- use your IHD to find out how much energy you save by turning lights and appliances off

# What is using the most energy in your home?

Breakdown of energy spend for an average household



Source: Energy Saving Trust (2016). Estimated energy spend based on a family of 4 sharing a 3 bedroom semi-detached home.

Use your in-home display to help you understand more about how you use energy and what it is costing you.

## USEFUL CONTACTS FOR FURTHER FREE AND IMPARTIAL ENERGY SAVING ADVICE

For expert and impartial free advice on reducing your fuel bills, saving energy and making your home more comfortable visit the **Energy Saving Trust** at [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk), or:

**If you live in England and Wales** – you can contact the Energy Saving Advice Service. Call **0300 123 1234** (you pay the price of a national rate call) or email [energy-advice@est.org.uk](mailto:energy-advice@est.org.uk).

**If you live in Scotland** – you can contact Home Energy Scotland. Call free on **0808 808 2282**, or visit their website at [www.homeenergyscotland.org](http://www.homeenergyscotland.org).

If you are finding it difficult to pay your energy bills or you are in debt with your energy supplier, you can seek help from **Citizens Advice** on **0345 404 0506**.

Further information on the benefits of smart meters, how to get one and how to use it, is available in seven languages on the **Smart Energy GB** website: [www.smartenergyGB.org](http://www.smartenergyGB.org).

To find out more about the Energy Switch Guarantee visit [www.energyswitchguarantee.com](http://www.energyswitchguarantee.com).

Use this space to record other useful information sources:

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