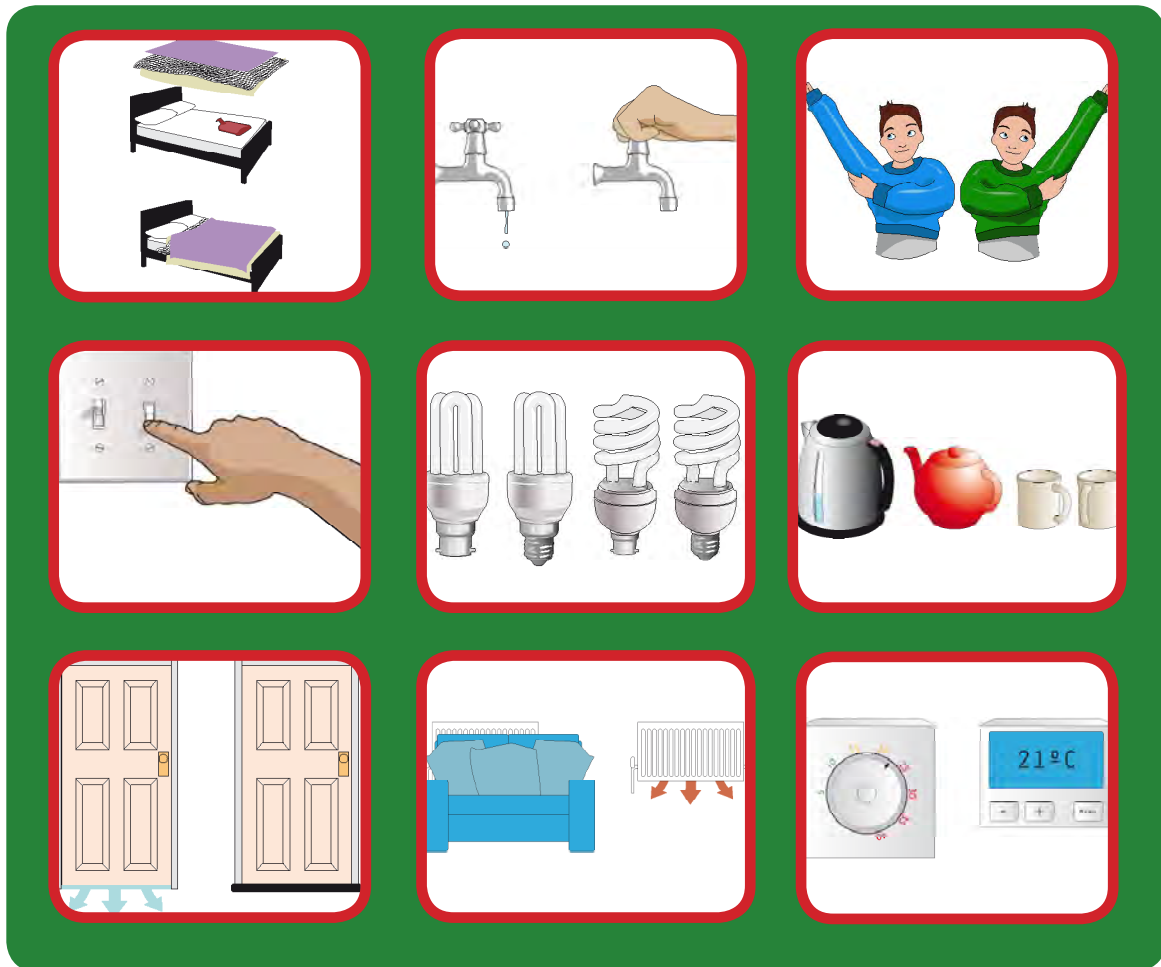


I'm an Energy Saving Expert

Are you?



An easy read guide to help
you save energy and keep
you out of fuel poverty

Save It!

‘Save It’ is a project to continue the work of the hugely successful ‘I’m and Expert Energy Saver’.

The information in this leaflet will help people with learning disabilities, mental health problems, physical disabilities, autism and people ‘at risk’ to learn how to save energy in the home.

Remember to watch the film online as well - you can find it by visiting our website www.speakup.org.uk and follow the link to ‘Helpful Resources’

If you want to find out more about this project or get more copies of this leaflet then please contact Speakup on 01709 720462 or email team@speakup.org.uk.



The ScottishPower
Energy People Trust

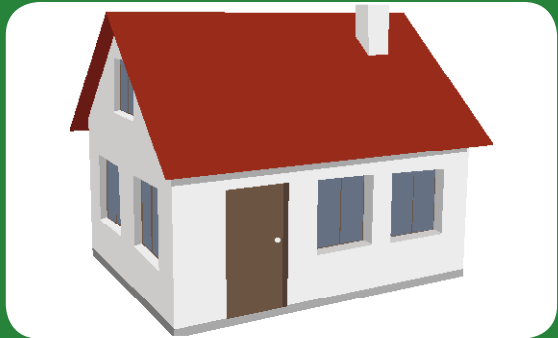
Supporting Communities



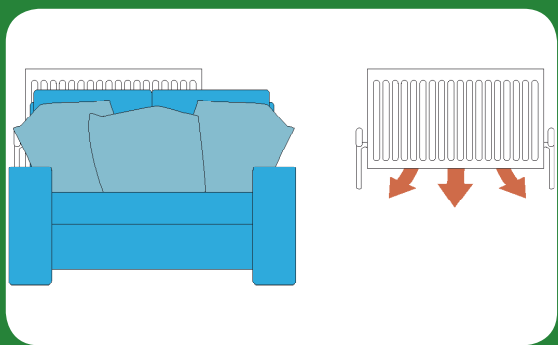


This mini guide gives you practical tips on how you can save energy every day. By saving energy you can reduce your energy bills and save money.

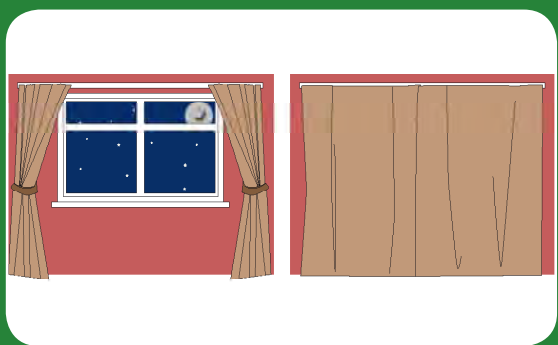
How can you save Energy in your Home?



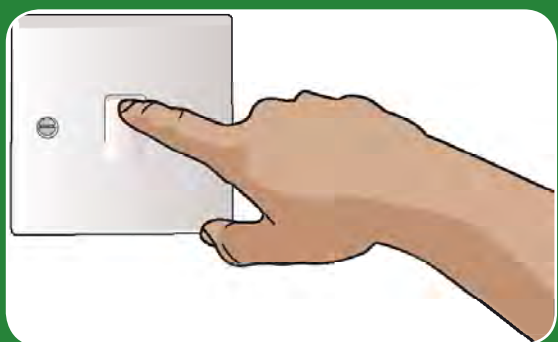
There are lots of ways you can save energy in your home. Here are some ideas to help you.



Don't put anything in front of the radiator, so that heat can get out and keep your rooms warm.



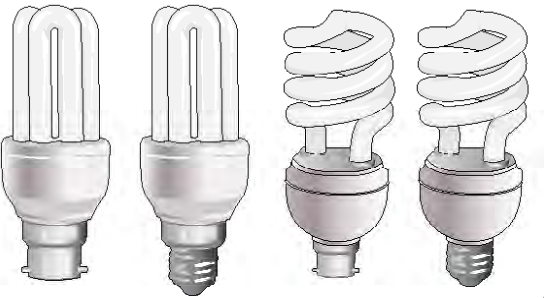
Close your curtains, this will keep draughts out.



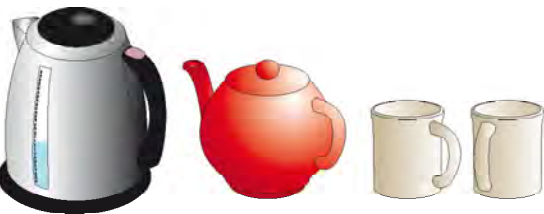
Make sure you turn the lights out when you leave a room.



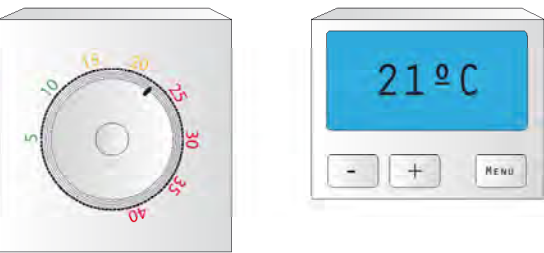
Take a shower instead of a bath.



Use energy saving light bulbs.



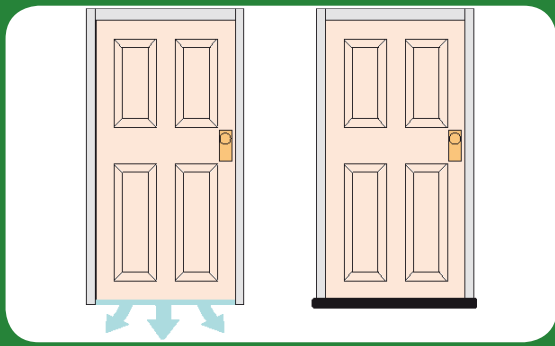
Do not overfill the kettle, only put in what you need to make your drink.



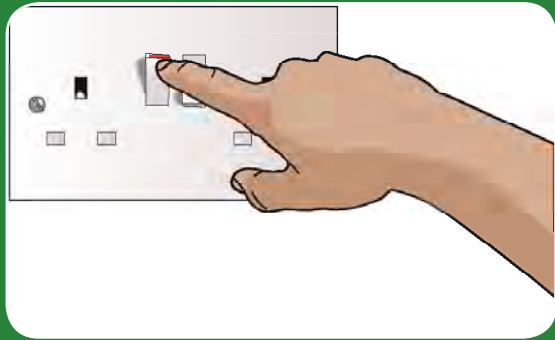
Turn down your thermostat, 21 degrees is a good setting.



Turn off your computer. Leaving the screen saver on will not save any energy.



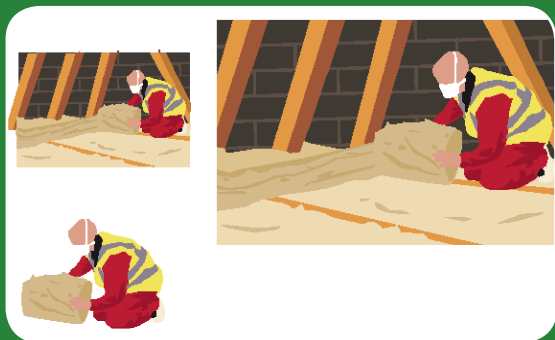
Use a draught excluder at the bottom of your door. This will keep the warm air in your room which will save you energy.



Turn off your TV, kettle and microwave at the wall when you are not using them.



Have your walls insulated to keep the heat in your house. [Have a look at the Scottish Power website for more information and grants to help you.](#)



Have your loft insulated. This will stop the heat getting out of your roof and keep your house warmer. [Have a look at the Scottish Power website for more information and grants to help you.](#)

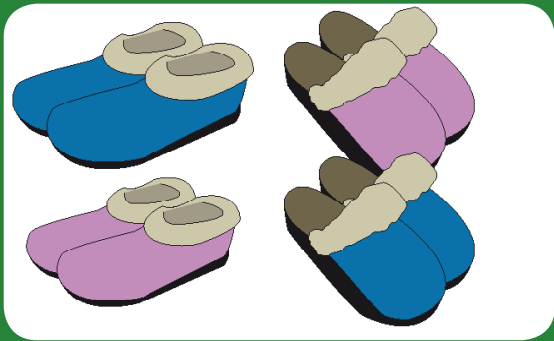


Double glazing will keep your house warmer.

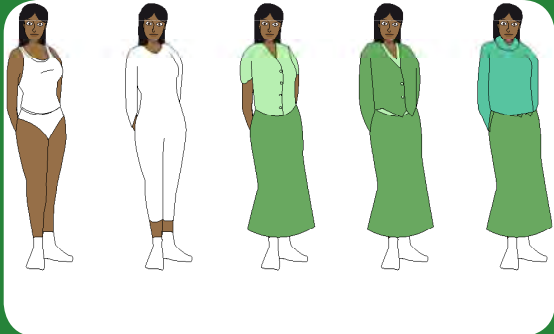
Keeping yourself warm



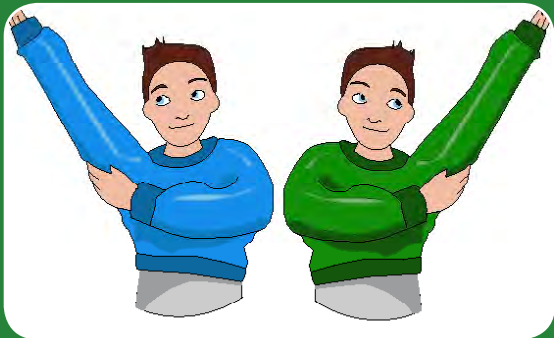
Put more layers on your bed. You could use a hot water bottle.



Wear slippers to keep the rest of your body warm.



Wear layers of clothes when you are in the house.



Put a jumper on if you are cold in your house.

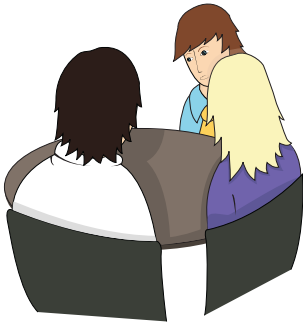
Where can I get more information?



To find out more about energy saving and grants to help you please visit




www.speakup.org.uk and look in the work we do section.



You can visit your local Citizens Advice Bureau. They can give you information to help you stay out of debt with energy bills.



You can call the National Home Heat Helpline:  0800 336699




You can look at the Energy People Trust website:



www.energypeopletrust.com



Speakup has created a DVD about Energy Saving if you would like a copy of this DVD please contact Speakup on  01709 720462.



The ScottishPower Energy People Trust is an independent charity that provides funding to front line charities that help vulnerable, disadvantaged people out of fuel poverty.

Speakup supports people with learning disabilities and/or autism to live valued independent lives. The 'I'm an Expert Energy Saver' project is helping people with learning disabilities think about how to save energy and stay out of energy poverty. For more information about Speakup please visit: www.speakup.org.uk