

Beat the (credit) freeze this winter

If you are getting poor returns on your investments, why not try energy saving? One of the biggest savers, cavity wall insulation, is very likely to cost nothing if you are 70 or over. Energy Saving Trust estimates that simple changes could save most households £300 a year. Try the on-line home energy check at www.est.org.uk/check to see if this applies to you, or call **0800 512 012**.



Insulation reduces winter fuel bills.

Photo credit: Age Concern

Estimated yearly savings from energy saving improvements	£s
Loft insulation when none	150
Cavity wall insulation	115
Thermostat turned down 1°C *	55
Loft insulation top up to 270mm	45
A/A+ fridge freezer	36
Hot water tank jacket	35
Appliances taken off standby	33
Tumble drying stopped in summer	15
A/A+ dishwasher	12
Clothes washed at 30°C	10
Energy saving bulb	2.5
Source: Energy Saving Trust, October 2009 * Older persons should keep their sitting room at 21°C	

Notes for editors:

1. Estimated savings figures published by Energy Saving Trust, 2009.
2. This article was produced by United Sustainable Energy Agency (USEA).
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3. USEA works in partnership with local authorities throughout Bucks, Berks, Beds, Herts, Oxon, Hants and the Isle of Wight. In 2008 USEA was awarded the contract to operate an Energy Saving Trust advice centre for the South East. The centre provides impartial energy saving advice to the residents of Bucks, Berks, Oxon, Hants and the Isle of Wight. USEA also offers a comparison service called Cocoon.
4. Cocoon is a free, independent, comparison service established since 2003. It is promoted by local authorities across Buckinghamshire, Bedfordshire, Berkshire and Oxfordshire and is now available in Hampshire. Where it is supported by the council, the service offers callers between two to five estimates from reputable professional insulation installers, including any council, government or energy supplier grants or discounts for which you may be eligible. More at www.cocoonyourhome.co.uk. United Sustainable Energy Agency manages and operates the Cocoon service.
5. The information contained within this article is correct to the best of our knowledge, but is subject to change. USEA cannot in any way be held legally responsible for any advice given or any work carried out as a result of this information.