



Focus on Energy Support

This is important news about a new Project to ensure everyone has access to energy advice.

Selsey Community Forum and **Arun and Chichester Citizens Advice** are working together during the cost-of-living crisis, to make sure everyone who needs essential energy support in Selsey and Sidlesham can get it.

If you are worried about the cost of your energy bills, topping up your meter, want to make your home more energy efficient or are unsure if there are any discounts or support you could access from your supplier, this new initiative could help you.



**citizens
advice**

The team at the **Selsey Care Shop** could help you access any emergency support needed and work together with the energy team at the **Arun and Chichester Citizens Advice** to help reduce the cost of your bills in the future. If you call the **Selsey Care Shop**, we will explore which services best meet your needs.

This project is funded by a grant from **Ferry Farm Community Solar Ltd** for which we are very grateful.



You can also find out more about the support available to West Sussex residents on <https://westsussexenergy.co.uk/>.

Some Hints and Tips to reduce your energy bills.....

Making simple changes to the way you use energy can make a big difference to your bills. You can also lower your carbon emissions, helping tackle the climate emergency. See how much you could save by following these tips.

More than half of the money spent on fuel bills goes on heating and hot water. Heating controls can help you get the best out of your heating system. Heating your home between 18°C and 21°C is comfortable for most people. Try turning your room thermostat down by just one degree within this range – you might not even notice the difference in temperature but could save around £100 a year. Smart meters can help track your energy use and identify where you can make changes that can save money on your energy bills – ask your energy supplier about arranging an installation.

Unless your home is very new, you will lose some heat through draughts. Try blocking up unwanted gaps around your windows, doors and floor. You can get materials to do this, like draught-proofing strips, draught excluders and keyhole covers, from DIY stores. Draught-proofing could save you £40 a year on your bills and your home will feel warmer. Heat can escape through your chimney - draught-proofing an open chimney could save you around £50 a year.

Looking for a quick and easy way to save money? Turn your appliances off instead of leaving them on standby – you could save £55 a year. Remember to turn lights off when you are not using them – even if it is just off for a few seconds; you will save more energy than it takes for the light to start up again. This could save you £20 a year. If it is time to replace a lightbulb, consider going for an energy efficient LED bulb, which will cost less to run.

£28 a year by using your washing machine on a 30-degree cycle instead of higher temperatures and reduce use by one run a week. Dry your clothes on racks or an airing line rather than a Tumble Dryer, to save another £55 a year, whilst avoiding overfilling the kettle could save a further £11 a year.

In the bathroom, spending less time in the shower can make a big difference. Keeping your shower time to just four minutes could save a typical four-person household £65 a year. Switching to a water efficient shower head could save a four-person household with a water meter up to £95 on gas and water bills.

Taking on board even some of these suggestions will help reduce your annual spend on energy.

Selsey Community Forum

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Forum Supporters, please pop in or check the website www.selseycommunityforum.uk