

## For immediate release 24/01/2023

### Citizens Advice Bassetlaw shares tips for saving money on your energy bills

As people across Bassetlaw struggle with sky-high energy bills, Citizens Advice Bassetlaw shares practical advice for bringing down costs.

The charity has teamed up with Energy Saving Trust to provide the following advice for making small savings around the home.\*

- Turning your appliances off standby could save you £65 a year
- Draught proofing windows, doors and blocking cracks around your home could save you up to £125 a year
- Turning off lights when you leave a room could save you £25 a year
- Washing your clothes at 30 degrees and doing one less machine run a week could save you around £34 a year
- Ditching the tumble dryer and drying your clothes on racks in a well-ventilated room or outside in warmer weather could save you £70 a year
- Reducing your shower time to 4 minutes can save you £95 a year
- Swapping one bath a week with a 4 minute shower can save you £20 a year
- Avoiding overfilling the kettle could save you £13 a year
- Running your dishwasher one time less per week could save you £17 a year

### People must get all the support they're entitled to

These lifestyle changes still might not cover the hole in household budgets, so Citizens Advice Bassetlaw is also urging people to check they're getting all the support they're entitled to. This could include:

- Energy Bills Support Scheme — a £400 discount given to every household. People who use prepayment meters are also entitled to this - there's more information [here](#) on how this works.
- Warm Home Discount — a £150 discount if you get certain benefits
- Fuel vouchers — if you can't afford to top up your prepayment meter
- Cold weather payments — payments if you get certain benefits and the weather is extremely cold
- Grants from your energy supplier — to help you pay off debts you may owe

For more information, visit the [Citizens Advice website](#).

If you owe money to your energy supplier, you should speak to them about setting up a payment plan. They're responsible for helping you find a way to pay your bills.

**Karen Whitlam, Chief Officer of Citizens Advice Bassetlaw said:**

“We know times are extremely hard and a lot of people are struggling to stay afloat. It’s important to know about any way you can safely save money and what support you’re entitled to.

“We know many people are already doing everything they can and are still stretched beyond their limit. If you need personalised support, don’t hesitate to contact us.”

**-ends-**

For information and advice, contact Citizens Advice Bassetlaw on 01909 498888 or email [advice@bassetlawca.org.uk](mailto:advice@bassetlawca.org.uk) or visit <https://www.citizensadvice.org.uk/>

**Note to editors**

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1. \*England, Scotland and Wales savings are for a typical three-bedroom, gas-heated home in Great Britain, using a gas price of 10.3p/kWh and electricity price of 34.0p/kWh (based on Energy Price Guarantee October 2022). Water savings are based on average occupancy.
2. Citizens Advice has lots of tips on [ways you can heat your home](#) more efficiently.
3. For more tips, including tips tailored to your home, visit [Energy Saving Trust](#).