



# Want to keep cosy and save money? Our bright sparks are full of ideas



We can produce information on request in large print, Braille, tape and on disk. It is also available in other languages. If you need information in any of these formats please contact us on Freephone 0800 479 7979.

如果你向我們提出要求，我們可以為你提供本資訊的其他語言的版本，或者是盲文或磁帶。如果你需要本資訊的任何一種這些版式的版本，請聯繫我們，電話號碼是 0800 479 7979

Si vous nous le demandez, nous pouvons vous remettre ces informations en d'autres langues, en braille ou sur cassette. Si vous souhaitez que ces informations vous soient fournies sous l'un de ces formats, contactez-nous en composant le 0800 479 7979.

چنانچه مایل باشید می‌توانید این مطالب را به فارسی یا زبان‌های دیگر و همچنین بریل و یا بر روی نوار کاست دریافت دارید. در صورت نیاز خواهشمندیم با شماره تلفن 0800 479 7979 با ما تماس بگیرید.

ਜੇ ਤੁਸੀਂ ਸਾਨੂੰ ਬੇਨਤੀ ਕਰੋ ਤਾਂ ਅਸੀਂ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਹੋਰ ਭਾਸ਼ਾਵਾਂ, ਬੇਲ (ਨੇਤਰੀਣਾ ਲਈ ਭਾਸ਼ਾ) ਵਿੱਚ, ਜਾਂ ਟੇਪ ਉੱਪਰ ਦੇ ਸਕਦੇ ਹਾਂ। ਜੇ ਤੁਹਾਨੂੰ ਇਨ੍ਹਾਂ ਵਿੱਚੋਂ ਕਿਸੇ ਰੂਪ ਵਿੱਚ ਜਾਣਕਾਰੀ ਹੋਵੇ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਡੇ ਨਾਲ 0800 479 7979 ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

Na Pana/Pani życzenie możemy zapewnić te informacje w innych językach, alfabetem Braille'a lub na kasecie. Jeśli chciał(a)by Pan(i) uzyskać te informacje w którejś z tych form, prosimy skontaktować się z nami pod numerem telefonu 0800 479 7979.

Haddii aad na weydiisato waxaanu warbixintan kugu siin karaa iyadoo ku qoran luuqad kale, farta ay dadka indhaha la' akhriyaan ama cajalad ku duuban. Haddii aad jeclaan lahayd in warbixintan lagugu siiyo mid ka mid ah qaababkaas, fadlan nagala soo xidhiidh telefoonka 0800 479 7979.

По вашей просьбе данная информация может быть предоставлена на других языках, шрифтом Брайля или в аудиозаписи. Если вам требуется информация в одном из этих форматов, позвоните нам по номеру 0800 479 7979.

## Your home

**We believe everyone should feel safe, warm and comfortable in their home – but we also understand that the cost of heating and running a home can quickly mount up.**

**This booklet has some simple tips on how to save on your energy bills. For more detailed advice give us a call on 0131 478 8888.**

### Need to contact us?

- Call us 24/7 on **0131 478 8888**
- Talk to your housing officer
- Write to us at Dunedin Canmore Housing, 8 New Mart Road, Edinburgh, EH14 1RL
- You can also visit us online:  
**[www.dunedinanmore.org.uk](http://www.dunedinanmore.org.uk)**  
or send an email to:  
**[customer.service@dunedinanmore.org.uk](mailto:customer.service@dunedinanmore.org.uk)**



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## Top tips to save energy and money

- **1. Draught excluding** – you may be losing heat through windows and doors. Curtains can help exclude draughts from windows, you can reduce heat loss by 25% just by closing them.
- **2. Lighten your load** – use low-energy light bulbs – a simple cost effective tip that really works. The difference between a normal light bulb and an energy efficient one is around £3 per year and turning off your lights when you're not in a room could save you around £15 a year.
- **3. Turn it off** – try not to leave unnecessary lights on or appliances plugged-in or on standby. Almost every electrical appliance can be turned off at the mains without upsetting their systems. Some satellite and digital TV recorders however may need to be left plugged in order to keep track of any programmes you want to record.

**By remembering to turn off appliances left on standby you could save between £50 and £90 per year.**

- **4. Kitchen tips** – you can save over £55 a year just by being careful how you use your appliances. The following tips can help you reach this saving:
  - set your washing machine to wash at 30°C
  - use a bowl to wash up rather than leaving the hot tap running
  - don't fill your kettle right up every time – just boil the amount of water you need.
- **5. Get a head** – if you've got a shower that takes hot water straight from your boiler or hot water tank (rather than an electric shower) then you may be able to fit a water-efficient shower head and that could reduce your hot water usage

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## What we can help you with

whilst still maintaining the sensation of a powerful shower. Also one minute less in the shower each day can save you around £10 over the year. Try to get your showers down to five minutes and watch your energy bills fall.

- **6. Heating controls** – if you have a thermostat, make sure you know how to use it properly. The recommended temperature is between 18-21°C, so where possible try to stick to this (we understand that everyone has different comfort levels).

**Additionally, by turning down your room thermostat by just one degree you could save around £65 per year.**

- **7. Shop to save** – when replacing your white goods (cookers, ovens, fridges, washing machines or dish washers) look for A or A+ energy rated products to save yourself in the long term. Smaller A or A+ rated LED or LCD TVs cost up to ten times less to run than larger plasma screen TVs.

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## Do you need more advice?

We have four dedicated Energy Advisors working across our communities who are committed to helping our customers save money on energy bills. They can carry out personalised visits to check that you're getting the most out of your appliances, that you're on the best utility tariff with your supplier, and offer you additional energy advice. If you'd like to arrange a visit please call us on **0131 478 8888**.

You can also visit [www.energysavingstrust.org.uk](http://www.energysavingstrust.org.uk) for more free and helpful advice on saving energy around the home.

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## **Would you like more information?**

**Call: 0131 478 8888**

**Email: [customer.service@dunedincanmore.org.uk](mailto:customer.service@dunedincanmore.org.uk)**

**Visit: [www.dunedincanmore.org.uk](http://www.dunedincanmore.org.uk)**

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No. HAL 116. A Member of the Scottish Federation of Housing

Associations. Registered Office: 8 New Mart Road, Edinburgh EH14 1RL.

Printed on 100% recycled paper.