

Energy tips and funding resources

Worried about your fuel bills and keeping warm?

Better Housing Better Health



Better Housing Better Health is a **free phone line** where you'll get help to check what funding and financial support you could get to make your home more energy efficient and cut your energy bills. You can also get free energy advice and free home visits. Call 0800 107 0044 or see www.bhbh.org.uk.

Here are some grants and funding you may be eligible for – Better Housing Better Health will be able to tell you more:

Available nationally

Warm Home Discount Scheme: £140 off energy bills (from UK Government, via energy suppliers) for those on low income or in receipt of the Guarantee Credit element of Pension Credit. www.gov.uk/the-warm-home-discount-scheme

Flexible Home Improvement Loan (FHIL): a loan for homeowners aged 60+ to improve the warmth, comfort, condition, safety or security of their homes. See www.fhil.org

Winter Fuel Payment: get between £100 to £300 to help you pay your heating bills if you were born before 26 September 1955. <https://www.gov.uk/winter-fuel-payment>

Available across Oxfordshire

Green Homes Grant (“LAD 3”): Larger scale energy efficiency grants, available across Oxfordshire, of up to £10,000 for cavity wall insulation, loft insulation, underfloor insulation, solar PV etc. Must be low income (e.g., household income under £30k) and have low EPC (E-, F- or G-rated). Apply through Better Housing, Better Health: 0800 107 0044 bhbh@net.org.uk www.bhbh.org.uk



Free Home Energy Visits: For vulnerable households across Oxfordshire. A trained energy advisor will visit your home to provide personalised advice on your energy usage and will assess your property for grants listed on here. They will run through an assessment questionnaire to assess you for these and other onward support options. Available through Better Housing, Better Health: 0800 107 0044 bhbh@net.org.uk
www.bhbh.org.uk

Grants via Better Housing Better Health: Grants of up to £2,500 for energy efficiency improvements in your home, for those eligible. You may be able to get a free or part-funded:

- Boiler replacement
- Loft or cavity wall insulation
- Small energy efficiency repairs such as radiator foil, draught proofing and LED bulbs (via LEAP project)

Contact Better Housing, Better Health: 0800 107 0044 bhbh@net.org.uk
www.bhbh.org.uk

For residents of Oxford City

Essential Repair Grant: a means tested grant, to help owner-occupiers on low incomes carry out essential repairs to their homes, up to the maximum value of £5,000. Residency 3+ years.

www.oxford.gov.uk/download/downloads/id/4044/repairs_and_assistance_leaflet.pdf

Winter Warmth Grant: discounted insulation and boiler installations for vulnerable owner occupiers who can't afford to pay or those on certain benefits.

www.oxford.gov.uk/info/20115/home_improvement_agency/1194/winter_warmth_grant

Small repairs service: low-cost repairs covering small plumbing, electrical and basic household repairs such as thermostatic radiator valves, lagging pipework, hot-water cylinder insulation and draught exclusion for homeowners and private tenants who are aged 55+, suffering from a long-term health condition or who are registered disabled.

www.oxford.gov.uk/downloads/file/4045/small_repairs_service_leaflet



With energy bills rocketing & the climate in crisis, here are 5 top energy-busting tips to help you save money & cut emissions

Keep your hot water hot. If you have a hot water tank, make sure it is insulated; it is easy and cheap to fit a hot water tank jacket if it isn't.

Don't overheat your home. Keep your thermostat around 18-21 degrees. Turn the heating off overnight and when you're out, and put on a jumper if you're cold.

Save on lighting. Replace old light bulbs with LED bulbs and get into turning lights off when you leave the room.

Ditch the dryer. Use a washing line to dry clothes outside when you can. If you have to dry things inside, use a rack, not the radiators; put the rack in a room near an open window with the door to the rest of your space closed.

Stop your home leaking heat. Stick reflective panels or foil behind your radiators to reflect heat back into the room.

Services to support you

Better Housing Better Health: a free one-stop-shop for services, advice, and grants. Support line 0800 107 0044, www.bhbh.org.uk

LEAP: free energy and money saving service, with visits for those on a wide range of benefits/low income/health conditions. Benefits include child benefit, meaning any household with a child under 16 is eligible. <https://applyforleap.org.uk>

Other affordable options for all

- **Check you're on the right energy tariff.** If it's not a good time to switch, you can still look into your options. And if you're on an **Economy 7 meter**, use large appliances (like washing machines, dishwashers) at night when you'll pay less – but when you're awake, to reduce the risk of fire. See: www.cse.org.uk/advice/advice-and-support/economy-7
- **Learn how your heating works.** Use timers and thermostats; turn down the flow temperature on combi boilers. See: <http://energysavingtrust.org.uk/advice/thermostats-and-heating-controls/>

- **Insulate hot water pipes** where they are exposed, in unheated spaces like the loft or under the floor.
- **Bleed radiators** to get rid of air in them after the summer – find ‘how to’ guides online.
- **Avoid standby: turn things off at the plug.** Remote-controlled or cheap timer ‘standby plugs’ which switch appliances off properly are available online. According to the Centre for Sustainable Energy, ‘a typical household could save between £50 and £90 a year just by remembering to turn off appliances left on standby’.
- **Add another layer to single glazed windows.** If you can’t afford to replace with double glazing, buy plastic window film to attach on the inside.
- **Check your fridge.** Make sure it is set between 3 and 5 degrees. Defrost freezers regularly.
- **Make the most of natural light.** Allow as much daylight into your home as you can to avoid using electric lights, but...
- **... close curtains at night to keep heat in.** Heavy curtains over doors also help in winter.
- **Use washing machines and dishwashers well.** Wash at 30 degrees and avoid small loads: washing machines and dishwashers are most efficient when full.
- **Speed up your morning wash.** Electric showers use energy, so take short showers. Get a water saving shower head.
- **Reduce draughts.** Draught-excluders stop heat escaping through cracks, but be aware air needs to circulate. Read about options: <https://energysavingtrust.org.uk/advice/draught-proofing/>
- **Got a chimney?** Block it with a draft excluder to stop losing heat from inside; different sizes are available online and from DIY shops for around £15 – or stick an old cushion/bin bag filled with newspaper up instead. Just remember to take it out before having a fire!
- **Carpet a cold floor or get some rugs.** If you can’t insulate your floor, get carpets or rugs to help keep heat in. Pick up cheap/free rugs at swap shops and charity shops.
- **Get a warmer duvet for the winter**, so you can stop heating overnight.
- **Consider getting a slow cooker.** Much cheaper to run than an electric oven.

‘Bigger’ actions for the right moment

- **Insulate loft/roof, walls, floors.** A quarter of household heat is lost through badly insulated lofts & roofs, and a third through uninsulated walls. It costs to insulate, but there are often grants to help, and you’ll make the money back in a few years.
- **Double or triple glaze all windows.**



- **When your boiler needs replacing**, consider what option would suit you best for heating your home and hot water. Here's a useful summary of some options: <https://energysavingtrust.org.uk/energy-at-home/heating-your-home/>
- **Replace failing appliances with energy efficient ones.** Look for the most energy efficient model (e.g. 'A+++'); it may cost more upfront, but will save you money over its lifetime.

Renting?

For private renters, check your EPC. If your home is below 'band E', your landlord is obliged to make some changes to make your home more energy efficient. See: www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/make-sure-your-home-is-energy-efficient/.

In social housing? Contact your council for help.

Useful websites:

Find a 1.5-hour 'How to improve your home to use less energy' workshop video, links to information sheets and more at www.lowcarbonwestoxford.org.uk/energy-use-at-home/

www.bhbh.org.uk

<https://applyforleap.org.uk>

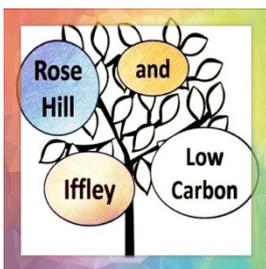
www.cse.org.uk/advice

www.bhbh.org.uk/household-energy-advice/

www.citizensadvice.org.uk/consumer/energy

www.moneysupermarket.com/gas-and-electricity

Find out what your local group is up to:



Rose Hill & Iffley Low Carbon is a local community group aiming to make our area cleaner and greener by [promoting renewable energy, energy conservation, waste reduction and tree planting](#). Find out more from the website, <https://rhilc.wordpress.com>; drop the group an email, rosehill.iffley.low.carbon@gmail.com.