

## No cost or low cost actions to reduce energy use

1. Health experts recommend 18°C as a minimum thermostat temperature, with higher temperatures needed for the very old or young. You might be able to **turn down the thermostat by one degree and save up to £115 a year.**
2. With a **combi boiler** (no hot water cylinder), you could **turn down the flow temperature** (the button/dial with a radiator symbol) to 60°C. This will just increase how long your radiators take to reach your thermostat temperature, not lower it, **and you could save up to £100 a year.** You might also be able to **turn down the hot tap temperature** (the button/dial with a tap symbol) to no lower than 55°C, or **turn pre-heating off** for less convenient hot water.
3. With a **non-combi boiler** (hot water cylinder), you cannot lower your flow temperature below 70°C without risking legionella bacteria, but you may be able to get an engineer to reconfigure your boiler for separate temperatures. Also, you may be able to **purchase a £15 jacket for your hot water cylinder, which could save up to £80 a year.**
4. In unused rooms, **radiators can be set as low as 2.5-3 (18°C), which might save up to £70 a year.** Also, **bleeding noisy radiators** or those with cold patches will help their efficiency.
5. Electrical appliances continue to draw power on standby unless turned off at the socket. You could **turn unused appliances off at the socket and save up to £70 a year.**
6. Draughts at doors, windows, or chimneys do not have to be costly to **draught-proof with DIY, which might save up to £60 a year.**
7. Modern washing machines can clean clothes effectively at lower temperatures. You could use a **30°C rather than a 40°C cycle and save up to £40 a year.**

## Cost of Living Support



**Boys and Girls Clubs of Wales**  
Clybiau Bechgyn a Merched Cymru

This booklet was produced by Boys' and Girls' Clubs of Wales for affiliated youth clubs to distribute. It was funded by the National Grid Community Matters Warm Banks Project.

**nationalgrid** localgiving

## Energy Company Schemes



- If you contact your energy supplier about struggling to pay energy bills, they have to discuss your circumstances and try to help, which might be with an affordable payment plan or access to their hardship funds.
- If you are a pensioner, have children under five, or long-term ill-health, you are entitled to access Priority Services Register help during power cuts.
- For information, please see your supplier's website or our QR Code below.

## Lightning Reach Support



- Lightning Reach is the single application site for charitable and benevolent funds from industry bodies and charities across the UK.
- For example, you might be able to secure support if you have worked in the education, energy or travel sectors, or are from a military family.
- For more information or to apply, please search "Lightning Reach" online or see our QR Code below.

# Funds to Help Households

## Credit Unions of Wales



- Credit Unions are not-for-profit lenders who have an obligation to lend ethically without hidden charges.
- They offer loans to a range of people, including those who cannot access mainstream forms of credit.
- For more information or to apply, please search "Credit Unions of Wales" online or see our QR Code below.

## Discretionary Assistance Fund



- This Welsh Government fund is for those in financial hardship who have considered options such as benefits and credit unions.
- For example, if you have applied for benefits and are waiting for your first payment you may be eligible for support.
- For more information or to apply, please search "Discretionary Assistance Fund Wales" online or see our QR Code below.

## Eligibility Checks



Please search "Turn2Us" online to find any charitable grants you are eligible for, and search "EntitledTo" to see the government benefits you are entitled to. Alternatively, scan the QR code for links to both.

## Scan Me!



QR code for links to all webpages  
bgc.wales/warm-banks

## More Advice & Support



- For personalised support and advice, the best place to contact is Citizens Advice, by calling 0800 702 2020 from 9-5 Mon-Fri, or visiting your local centre which can be found from the Citizens Advice website, accessible via our QR code or by searching "Citizens Advice" online.
- For detailed money advice see the Martin Lewis / Money Saving Expert website pages by searching "Money Saving Expert" online or via QR code
- For help with energy efficiency improvements & in some cases funding to help make them, contact Nest by calling 0808 808 2244 from 9-6 Mon-Fri, searching "Nest Wales Energy" online, or using the QR code