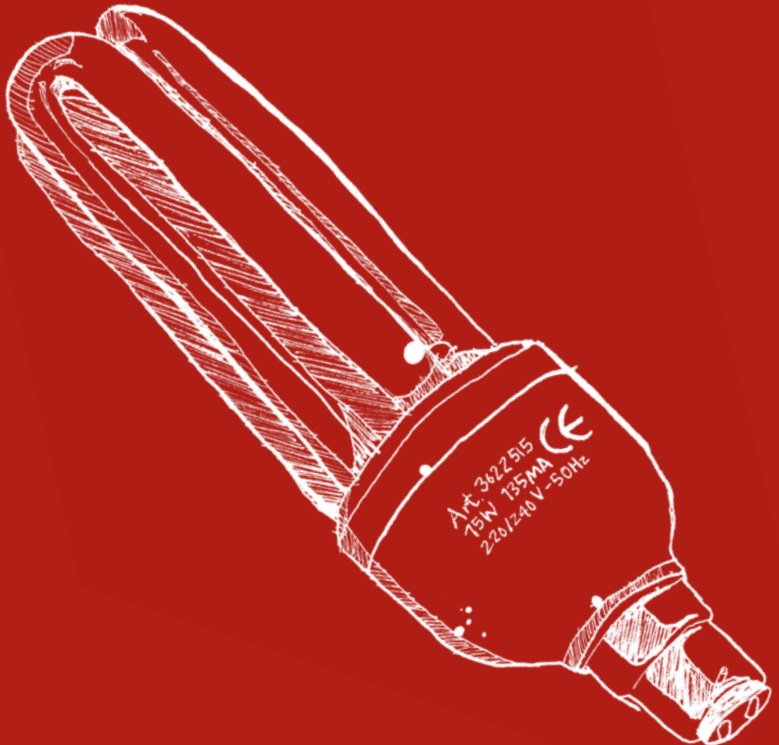




# Want to keep cosy and save money? Our bright sparks are full of ideas



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 ਬੋਨਤੀ ਕਰੋ ਤਾਂ ਅਸੀਂ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਹੋਰ ਭਾਸ਼ਾਵਾਂ, ਬੋਲ (ਨੋਤੁਹੀਣਾ ਲਈ ਭਾਸ਼ਾ) ਵਿੱਚ, ਜਾਂ ਟੇਪ ਉੱਪਰ ਦੇ ਸਕਦੇ ਹਾਂ। ਜੇ ਤੁਹਾਨੂੰ ਇਨ੍ਹਾਂ ਵਿੱਚੋਂ ਕਿਸੇ ਰੂਪ ਵਿੱਚ ਚਾਹੀਦੀ 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 którejs 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.



**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 Freephone 0800 479 7979.**

### **Need to contact us?**

- ›› Call us 24/7 on **Freephone 0800 479 7979**
- ›› Visit your local housing office
- ›› Write to us at GHA Customer Service Centre, Lipton House, 170 Crown Street, Glasgow G5 9XD
- ›› You can also visit us online [www.gha.org.uk](http://www.gha.org.uk) or send an email to [talk@gha.org.uk](mailto:talk@gha.org.uk)

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## Would you like to save on electricity and gas bills?

Small changes to your daily habits can have a big impact on your gas and electricity bills. Here are some simple tips that can help:

- ▶▶ Keep your central heating set between 18°C and 21°C
- ▶▶ Turning down your thermostat by 1°C could save you up to 10% on your heating bill
- ▶▶ Defrost your fridge regularly
- ▶▶ Turn off your TV and other appliances at night, rather than leaving them on stand-by
- ▶▶ Only fill kettles with the amount of water you need
- ▶▶ Don't trap heat – avoid placing large pieces of furniture in front of radiators
- ▶▶ Turn off unnecessary lights (by the way, low energy light bulbs use less power than standard bulbs and can save you another £9 a year)
- ▶▶ Use a microwave where possible – it uses 90% less electricity than a traditional oven.

**Like more energy advice?**  
Arrange a free consultation  
with our energy advisors  
by calling us on **Freephone**  
**0800 479 7979**

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## How can we help?

Our energy advisors can visit you in the comfort of your own home at a time that suits. They can provide impartial energy advice that can help you:

- ›› Keep warm and comfortable
- ›› Set your heating system so it works efficiently
- ›› Work out the best way to pay your bills
- ›› Make sure your payments are reasonable and affordable
- ›› Negotiate with energy providers on your behalf.

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## Some useful resources

If you'd like more information on ways to save energy and money, here are a few useful websites:

### **Government advice**

[www.direct.gov.uk/keepwarmkeepwell](http://www.direct.gov.uk/keepwarmkeepwell)

### **Energy Saving Trust**

[www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

### **Energy Saving Advice**

[www.energysavingadvice.co.uk](http://www.energysavingadvice.co.uk)

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## Would you like more information?

Freephone: 0800 479 7979

Email: [talk@gha.org.uk](mailto:talk@gha.org.uk)

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

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