



Get Ready for Winter

**With Home Energy Scotland
Strathclyde & Central**



HOMEENERGYSCOTLAND.ORG
0808 808 2282
FUNDED BY THE SCOTTISH GOVERNMENT

energy
saving
trust



Net Zero
Scotland
Scottish
Government

Welcome



Home Energy Scotland is an energy advice service that helps people in Scotland create warmer homes, reduce their energy bills, and lower their carbon footprint. We are funded by the Scottish Government and delivered by Energy Saving Trust.

We work with people and organisations to help tackle fuel poverty and the climate emergency – both key priorities for the Scottish Government (and humans in general!). In this pack you'll find lots of advice and information that you can share to help promote the range of support available to Scottish households plus:

- Copy for use in any publications you create
- Posters, leaflets and printable factsheets
- Suggested posts for your social media accounts
- Other useful sources of support & online tools

Our partnership team is ready to help. If you have any questions at all, please contact partnership@sc.homeenergyscotland.org

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Home Energy Scotland – about us



The ongoing cost of living crisis continues to impact households nationwide. High energy bills remain a concern, especially as winter approaches. However, we're here to help.

Funded by the Scottish Government and managed by Energy Saving Trust, Home Energy Scotland is a free, impartial advice service, with no affiliation with energy suppliers and the team never cold call. At home and on the road, we're here to help you keep your bills low.

As well as providing practical tips and advice for reducing the amount of energy you use, we can check if you're eligible for special discounts from energy suppliers and other funding options including Scottish Government grants and interest free loans to make your home warmer.

We also offer knowledge and expert advice on installing renewable energy at home, greener travel including electric vehicles and ebikes and cutting water waste.

- **Call freephone 0808 808 2282 - lines are open Monday to Friday 8am to 8pm and Saturday from 9am to 5pm**
- **Email us at adviceteam@sc.homeenergyscotland.org**
- **Request a call-back via our [website](#)**

Financial support



While we can provide you with personalised energy saving advice, Home Energy Scotland doesn't directly provide financial support of fuel vouchers or crisis funds.

If you're struggling to pay your bills, help is available. To access this, it's vital to contact the right source of support for what you need. We've put together some useful links to some organisations and funding that can help you manage your money, provide financial support and check if you're eligible for benefits.

We're regularly updating this list so do check our financial support section on our [website](#) regularly.

[Financial support](#)

[Emergency advice and support](#)

[Debt and welfare support](#)

[Useful links](#)



Warmer Homes Scotland is back



The Scottish Government's Warmer Homes Scotland programme is back up and running with more funding and more help available for households to install energy-efficient home improvements.

Since its launch in 2015, the programme has helped more than 35,000 households across Scotland, with funding worth £10,000 or more. Warmer Homes Scotland can help fund a range of energy-saving home improvements like new heating systems, wall and loft insulation, draught-proofing and even home renewables.

Kathleen, a Warmer Homes Scotland customer said, "In 24 hours I had 7 new radiators, a heat pump and a new boiler – all paid for by Warmer Homes Scotland. Everything worked out really well and I definitely think I chose the right system for the house."

**To find out more call Home Energy Scotland on 0808 808 2282.
Lines are open Monday – Friday 8am – 8pm and Saturday 9am – 5pm, or go online to homeenergyscotland.org/warmer-home**

- **Download and print our [partner leaflet](#)**
- **Download and print our [customer leaflet](#)**



Social media content



Warmer Homes Scotland is back with more help and resources to help Scottish households. Spread the word by sharing this content to your network or by sharing and retweeting the #WarmerHomesScotland posts on our social channels.

Facebook

With Warmer Homes Scotland, you could get funding worth £10,000 or more towards central heating, insulation, home renewables and more. Call @HomeEnergyScotlandSC today on 0808 808 2282 or check out their website homeenergyscotland.org/warmer-home

X (Formerly Twitter)

Get energy-saving home improvements worth £10k installed by experts with #WarmerHomesScotland

To find out more contact @HomeEnergyScot on 0808 808 2282 or go online homeenergyscotland.org/warmer-home



[Download Facebook image](#)



[Download X image](#)

Win an eco hamper worth £350 for your home!

Are you interested in winning some fantastic energy saving goodies for you and your home? We're offering people in Scotland the chance to win an eco hamper worth up to £350 and pick up some energy saving tips along the way!

Test your energy saving knowledge in our fun quiz and leave your details to enter! Don't miss out on the chance to snag a selection of energy saving prizes that will help you save money and reduce your carbon footprint.

Winners get to choose from air fryers, heated clothes dryers, fitness watches, and more, worth up to £350!

Last year's winners are still loving their prizes and using our energy saving advice:

"It's fantastic to win! I got help from Home Energy Scotland on how to keep my home warm. The advice they provided was so useful." - Dan from Balfron

There are 25 energy-saving eco hampers up for grabs, and you could be one of the lucky winners!

- **[Link to enter quiz on the Home Energy Scotland website](#)**
- **[Print out and display our quiz poster with QR code](#)**
- **[Please share our social media post](#)**



Get cosy with our winter energy saving tips



Follow our tips* and advice for quick and easy ways to save energy, lower your bills and reduce your carbon footprint. Whether you're a homeowner, a private or social renter, a student, or you live with your parents, there are many things you can do. Take a look at our quick tips and see how much you could save.

1. Your thermostat should be set to the lowest comfortable temperature, typically between 18 and 21 degrees Celsius. You don't need to turn your thermostat up when it is colder outside; the house will heat up to the set temperature regardless. Dropping the heat by just 1 degree could save £100 on your heating bills and 305kg of carbon dioxide a year from your household carbon footprint.
2. You can quickly and easily reduce the amount of energy you use by remembering to turn your appliances off standby mode. Almost all electrical and electronic appliances can be turned off at the plug without interfering with their settings, saving you around £55 a year on your energy bill. Find out more about what to look for when [choosing appliances](#).
3. With the shorter days and longer nights, you'll probably be spending much more time indoors. Customise your heating controls for weekdays and weekends to keep your home comfy all week long. Installing a room thermostat, a programmer and thermostatic radiator valves and using these controls efficiently could reduce your energy usage and save you around £120 a year.
4. Switching to energy efficient lights such as LED spotlights could help you save energy this winter. LEDs come in a variety of shapes, sizes and fittings – if the average household replaced all their bulbs with LEDs, it could save up to £60 a year.
5. Swap your bath for a shower! Some of us might enjoy a long soak in the bath but swapping just one bath a week with a 4-minute shower could save you £55 a year on your energy bills. Find out how [saving water at home](#) can help your wallet and the environment.

*These tips have been provided by Energy Saving Trust. Info correct as of October 2023. Visit the Energy Saving Trust [website](#) for more tips and advice.

Outreach & Employee Engagement



Want to help your colleagues adopt healthier and happier lifestyles?

Help your staff save energy at home and sign up to our free and interactive employee engagement programme. Through interactive workshops, e-learning and tailored solutions for your organisation, we can help your colleagues reduce their bills and improve their wellbeing.

Or, speak to us about visiting your premises to provide one to one advice for customers in your community. Offering personal support, our expert staff will be on hand to advise on general energy related enquiries and refer people for further help. We can also deliver information talks to small groups.

- **Download and view our current workshop programme**
- **Email us to book a workshop**
- **Download our poster shell and promote a drop in event at your premises**



eBike trials for NHS staff



Do you or someone you know work in the NHS? Home Energy Scotland Strathclyde & Central is offering free ebike trials for NHS staff who operate out of GP surgeries, health centres and hospitals.

Funded by Energy Saving Trust and The Scottish Government, the main aim of the project is to help raise awareness of how ebikes can be used to save money, improve the environment, and also increase staff wellbeing.

A trial ebike in your workplace could be used:

- For staff commuting
- For health or care worker home visits
- To encourage staff wellbeing through leisure use
- For patients use (i.e., for health or rehabilitation) - based on the idea that the surgery/practice/hospital were open to facilitating their own trials



- **Watch our [video](#) to find out how they benefited the team at NHS Sandyford in Glasgow**
- **Download and print out our [ebike trial leaflet](#)**

Useful information & tools



List of services for financial support

(e.g debt, emergency funding and fuel vouchers) Home Energy Scotland website

Tips to make your home warmer

Home Energy Scotland website

The Energy Price cap explained

Energy Saving Trust website

Help to avoid energy scams

Home Energy Scotland website

Cost of Living support

Scottish Government website

Home Energy Check tool

Home Energy Scotland website

Saving Energy in the Home Factsheet (Non-English language versions)

To download and print

Home Insulation Factsheet

To download and print

Understanding your Boiler Factsheet

To download and print

Use Water Wisely Factsheet

To download and print

Watch our **electric heating control video**

Watch our **understanding your energy bill video**

Watch our **boiler control video**

Low Emission Zones vehicle checker

Renewables Installer Finder

Online tool to search for accredited installers throughout Scotland

Green Homes Network

Read stories from people who've already installed renewables

Webinars & Guides to watch on our YouTube channel:

Climate Change & Global Warming
Living with a Heat Pump
Your guide to ebikes

Essential winter contacts



Home Energy Scotland

0808 808 2282 - Visit our [website](#) for free advice and tools such as our [Home Energy Check](#) to help keep your home warm and cosy without breaking the bank.

Local Council Assistance

Visit [MyGov Scotland](#) to find advice specific to your area regarding gritting bins and routes.

NHS 24

Dial 111 - Get advice when you're feeling too unwell to wait for your GP practice to reopen. Visit [NHS 24](#) for more information.

Scottish Fire and Rescue Service

0800 0731 999 - Schedule a free home fire safety check. They can also install smoke alarms, carbon monoxide alarms, and change batteries. Learn more on the [Scottish Fire and Rescue Service](#) website.

Priority Services Register

This is a free service provided by suppliers and network operators to customers in need. Find out if you're eligible via the [Ofgem website](#).

SGN Customer Service Helpline

0800 912 1700 - Contact for general enquiries about your gas supply. In case of a gas emergency or gas safety concerns, call the national gas emergency number immediately at 0800 111 999. Visit [SGN Customer Service](#) for more details.

Scottish Water Customer Helpline-

0800 0778 778 - Available 24/7 to address any water related concerns. Visit [Scottish Water](#) to find out more.