

# CHANGING ENERGY BEHAVIOURS

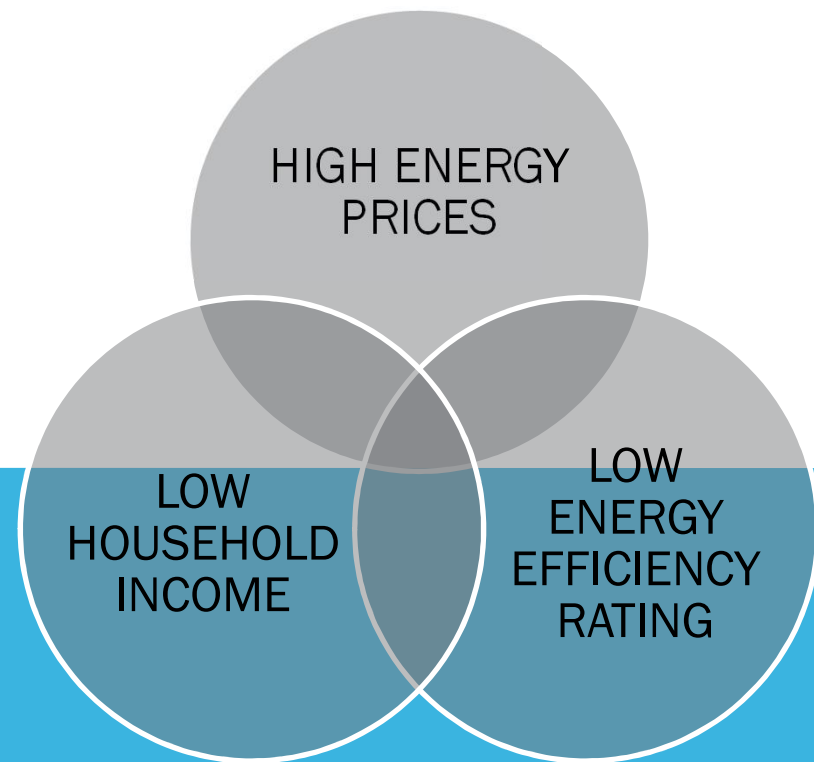
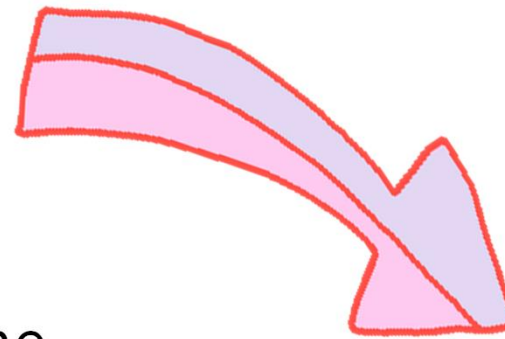
LEARNING WAYS TO SAVE MONEY IS ALWAYS A GOOD THING.

citizens  
advice

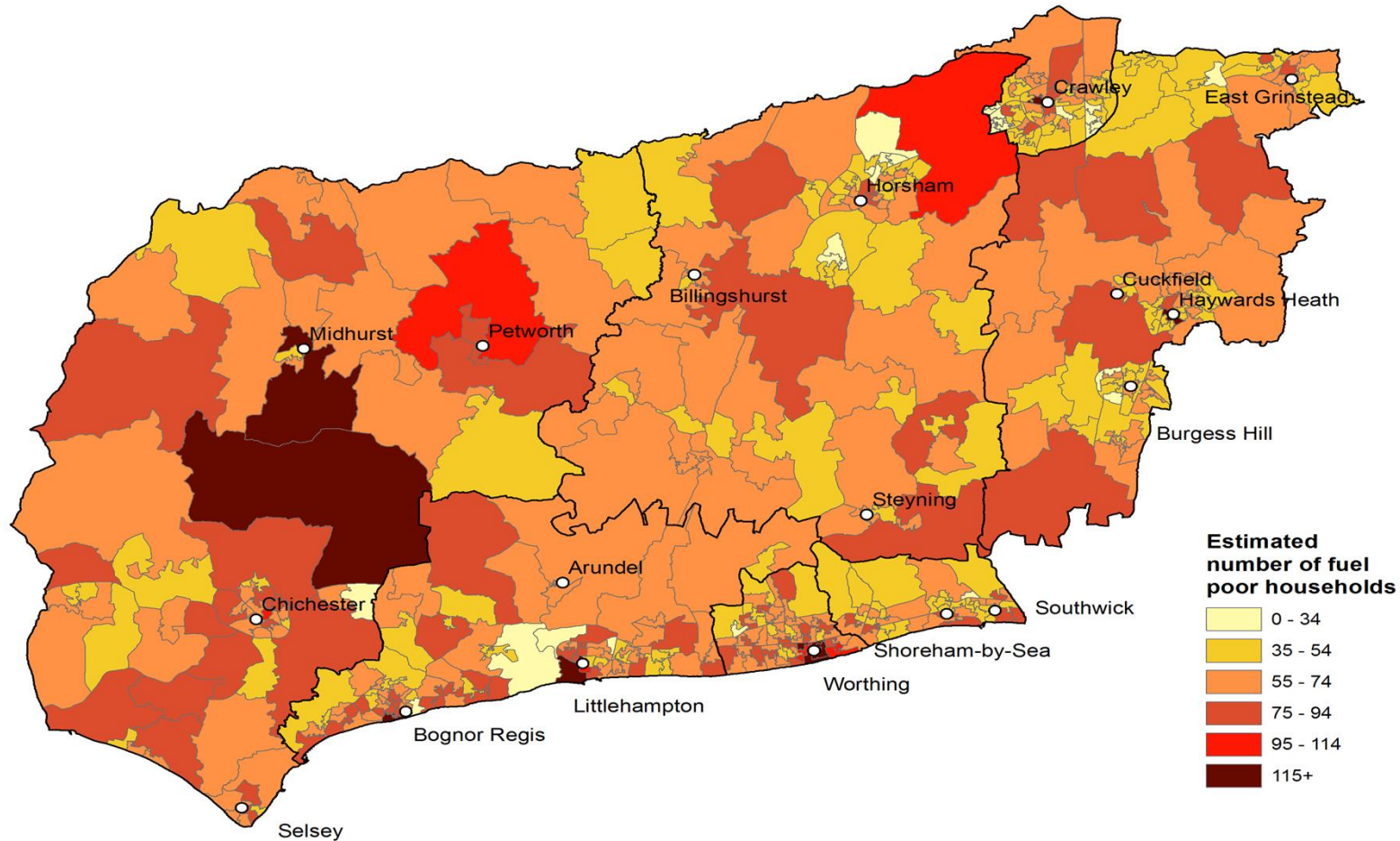
## WHAT IS FUEL POVERTY?

Fuel poverty is measured by the Low Income Low Energy Efficiency (LILEE) indicator.

In 2019, there were an estimated 13.4 per cent of households (3.18 million) in fuel poverty in England  
(source: Annual Fuel Poverty Statistics Report, 2021)



In **West Sussex**, it is estimated that **30,709 (8.4%)** households are fuel poor (NEA, 2020).



# BUT WHY IS THE COLD SO DANGEROUS?

COLD CAUSES BLOOD PRESSURE TO RISE

STROKE

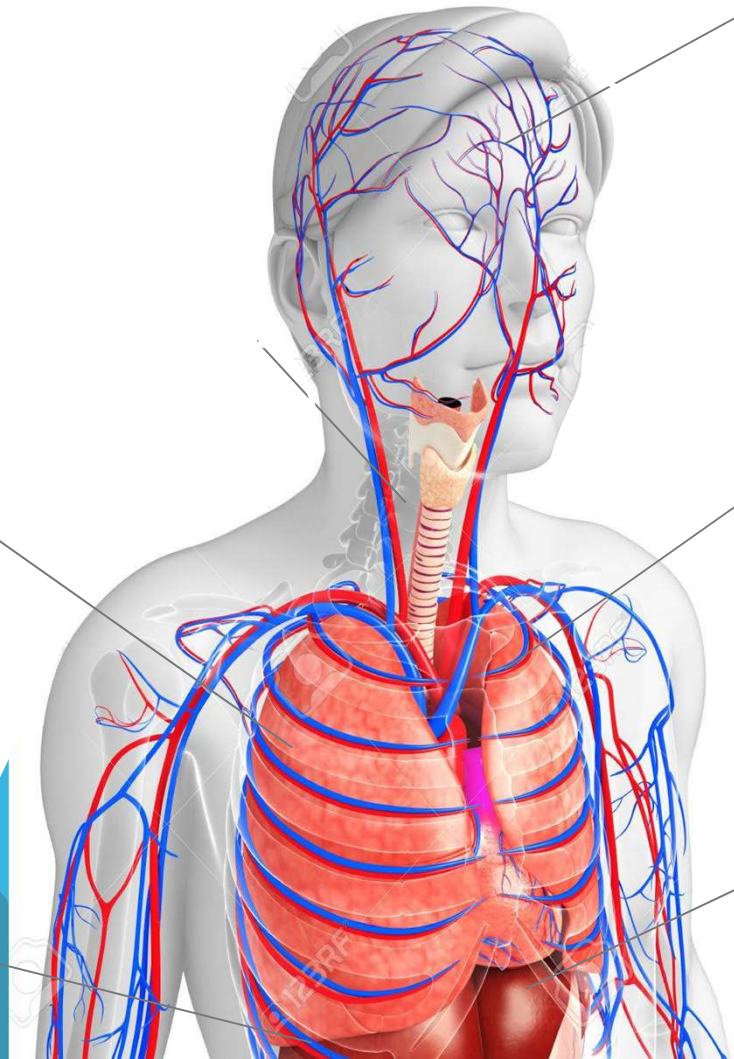
CHEST INFECTION

LUNGS RESISTANCE TO INFECTION IS WEAKENED

COLD MAKES THE BLOOD THICKER, INCREASING THE RISK OF THROMBOSIS

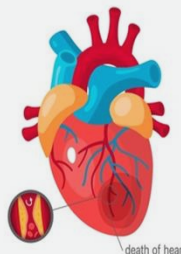
HEART ATTACK

Source: Department of Health  
2009 annual report of the Chief  
Medical officer



# WHAT IS THE DIRECT EFFECT OF A REALLY COLD DAY?

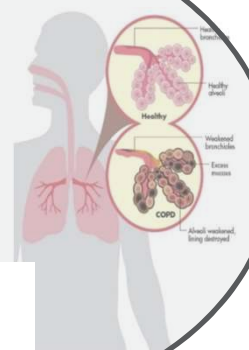
HEART ATTACK



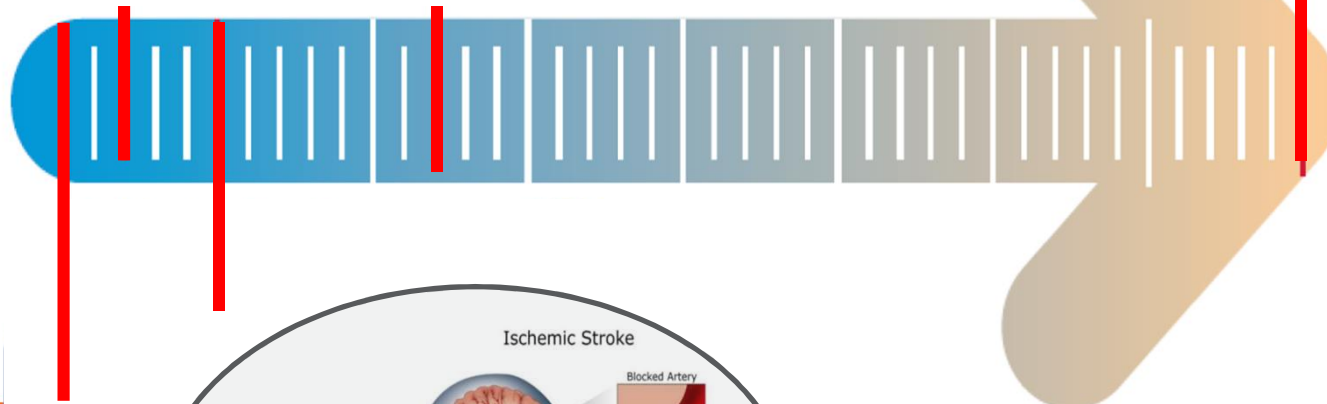
DAY 2 –  
HEART  
DEATHS

death of heart

DAY 12 –  
RESPIRATORY  
DEATHS PEAK



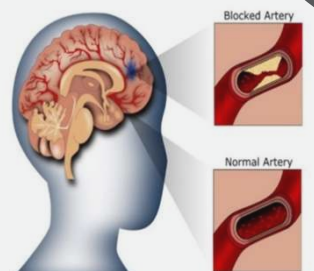
DAY 40 –  
DEATHS  
RETURN  
TO NORMAL



COLDEST  
DAY

DAY 5 –  
STROKE  
DEATHS  
PEAK

Ischemic Stroke



PEOPLE VULNERABLE  
TO THE COLD MAY BE  
DIFFERENT TO WHO  
YOU MIGHT INITIALLY  
EXPECT!

Source: Adapted from Danaldson GC, Keatinge WR. Journal of Epidemiology and Community Health 1997.



# WHO IS AFFECTED BY THE COLD?



**EVERYONE!**

**People with cardiovascular or respiratory conditions, Mental ill health, Disabilities, Older people, Households with young children, Pregnant women, or People on a low income.**(Source: Health Matters, PHE (November 2020))

**THE COLD DOES NOT DISCRIMINATE**

Did you know that cold homes are currently a bigger killer across the UK than road accidents, alcohol or drug abuse? (NEA, 2015)



In West Sussex  
there are on  
average around  
430  
excess winter  
deaths each year

**THESE DEATHS ARE  
PREVENTABLE!**

# DO YOU HAVE A SICK BOILER?

We can help determine the heating system

Is the electricity on?

Is the programmer or timer set properly?



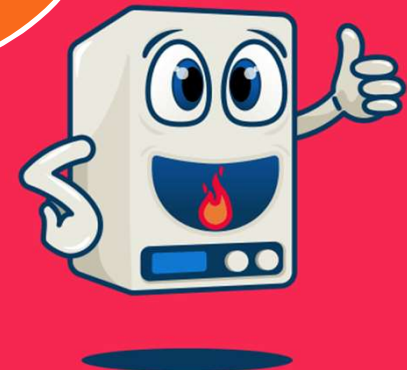
Is there a fault code?

Is the room thermostat turned down too low?

**There are more checks that we can help with depending on your system.**

Is the boiler switched on?

Check your radiator valves

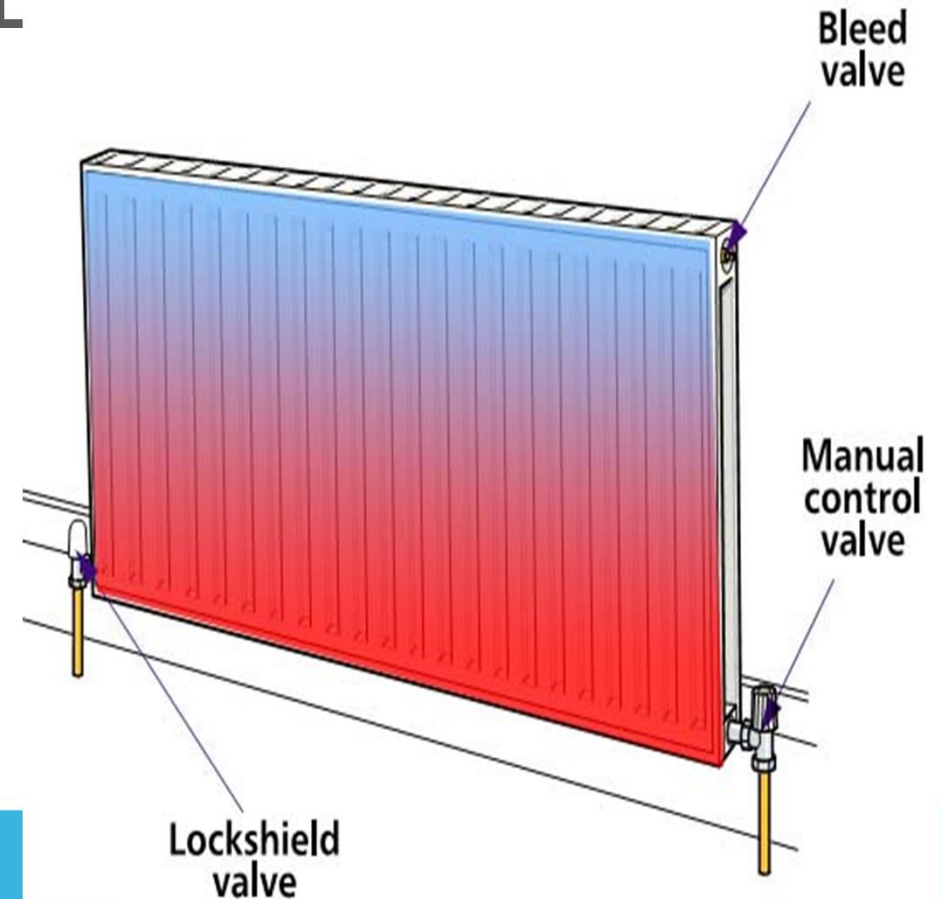




# CHECK TO SEE IF YOUR RADIATORS NEED BLEEDING

IF YOUR RADIATOR FEELS WARM AT THE BOTTOM AND COLD AT THE TOP, IT NEEDS 'BLEEDING'

THIS IS WHERE YOU REMOVE TRAPPED AIR, ALLOWING THE SYSTEM TO WORK EFFICIENTLY.



**USE A HANDY UNIVERSAL RADIATOR KEY TO DO THIS TASK**

# WAYS TO SAVE MONEY ON YOUR ENERGY BILLS

TURN APPLIANCES OFF!  
IT MAY NOT LOOK A LOT, BUT THAT LITTLE RED DOT USES ENERGY THE WHOLE TIME IT IS ON



USE A HANDY 4 MINUTE SHOWER TIMER TO KEEP COSTS DOWN



DEFROST FRIDGES AND FREEZERS REGULARLY, rather than freeze the ice then the food!

**FIX THOSE DRIPS!**

**SWITCH OFF THE LIGHTS!**



ONLY RUN YOUR APPLIANCES WITH A FULL LOAD!

USE THE ECONOMY OR LOW ENERGY SETTINGS.

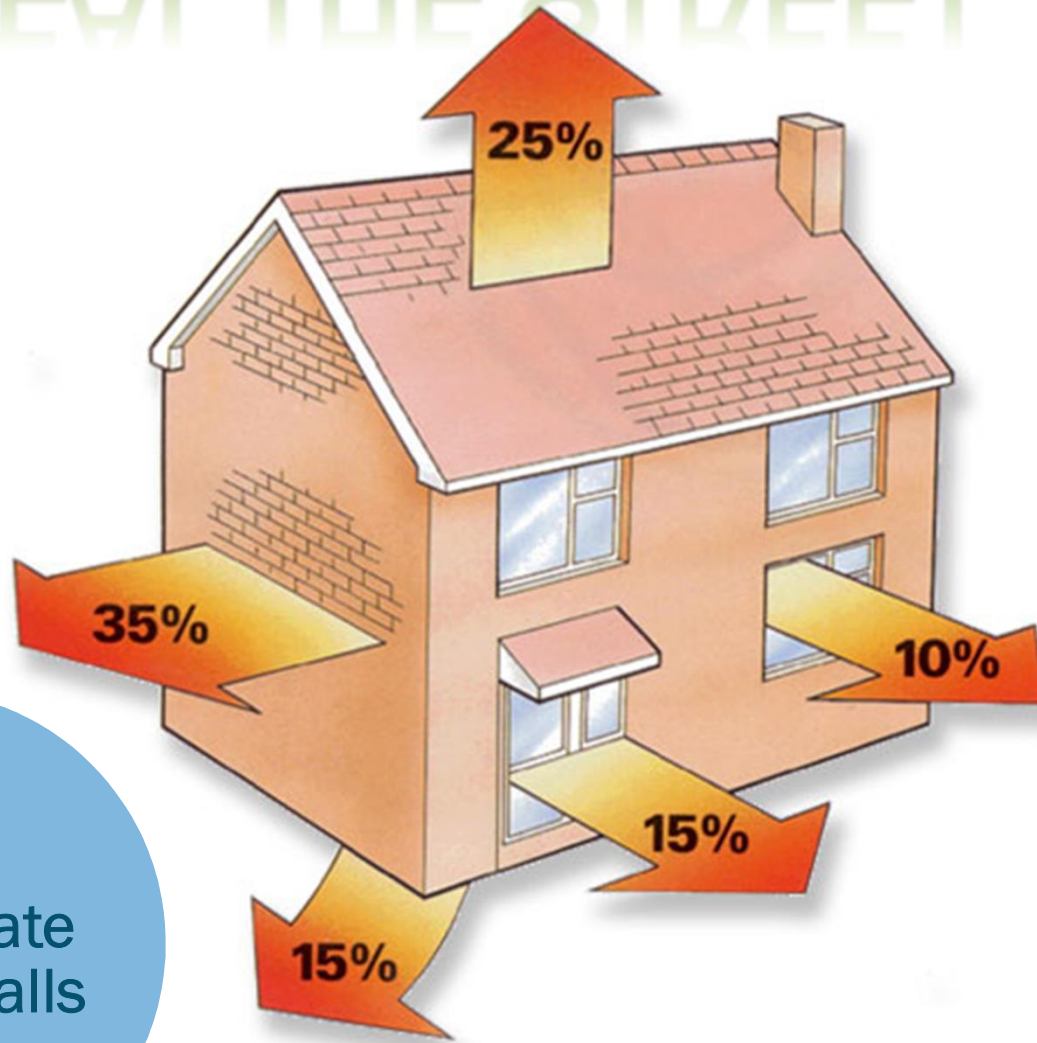
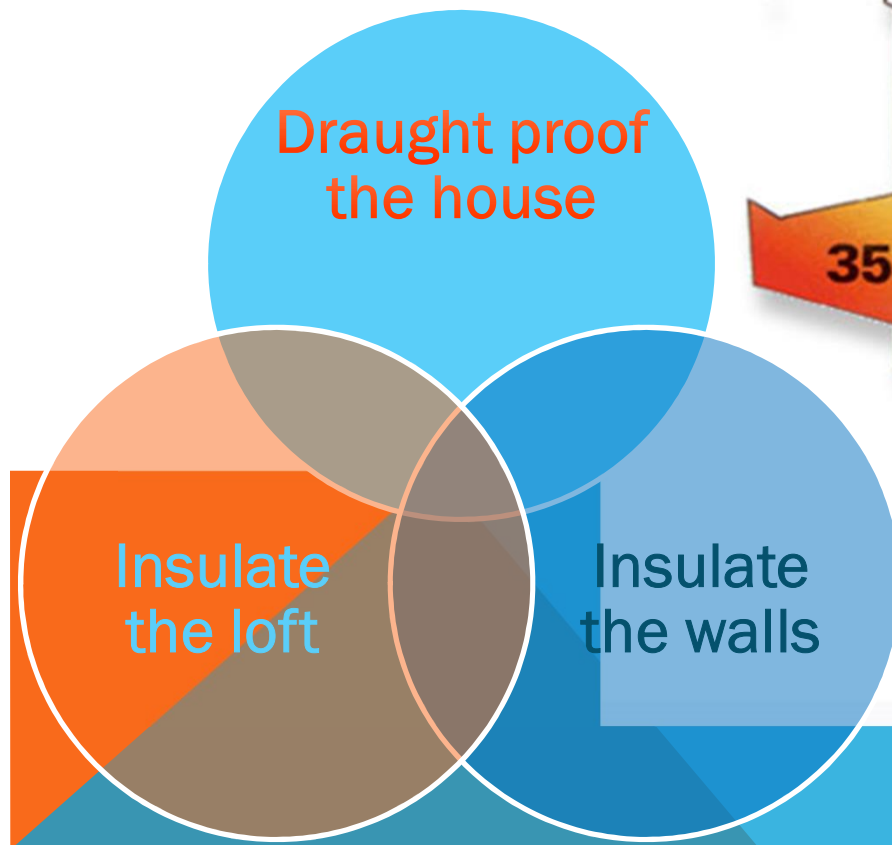
# USE A SLOW-COOKER.

Using a slow cooker to make a stew is both easier; you can leave it to cook while you're away all day, and cheaper. It costs around 10p to use a slow cooker for around eight hours, while using an oven will cost far more, at 30p for one hour. Plus you can just throw it all in without a need to cook anything first!

You can cook anything from a roast to a cake in a slow cooker!



# DON'T HEAT THE STREET



# WEST SUSSEX LOCAL AUTHORITY FLEXIBILITY CRITERIA (LA FLEX) GO TO **WESTSUSSEXENERGY.CO.UK**

A part of the ECO scheme

To help the most vulnerable living in a cold home.

The scheme is not dependant on benefits.

Eligibility based on income, house energy performance rating, household occupancy and health conditions.

Residents can choose a contractor from the list

Cavity wall and loft insulation. Some heating upgrades such as a new boiler or storage heaters



# SOME OTHER SCHEMES IN CHICHESTER



## Disabled Facility Grants for Heating

- a discretionary grant for heating measures, each Local Authority has a different criteria,
- Owner-Occupied households, on low income



## Chichester Warm Home Initiative

- Home owners and landlords with under £16,000 in savings, whose tenants are on a means tested benefit, DLA, PIP or household income under £20,000
- Funding up to £10,000 (or £25,000 in areas where gas is not available). Landlords will be required to pay 50% of the cost.



## Home Repair Assistance

- Own your own home and lived there for over a year
- on a means tested benefit, DLA, PIP or household income under £20,000 and the applicant has less than £16,000 in savings.
- The Housing Standards team assess the home to be a serious health and safety hazard.
- Contact the Housing Standards Team at Chichester District Council



# TACKLING FUEL POVERTY TOGETHER

A dedicated energy team and telephone service

Check you are on the best tariff and look at ways to save you money

Information on home improvements to help keep you warm and well at home

01243  
974063

Support with energy and other household debts

Find funding for further energy saving and heating measures

Available to all housing tenures, owner occupied, private and socially rented homes.

## IN CONCLUSION

### Issues with suppliers?

- Call the team on 01243 974063

### Need help to stay warm?

- Email the team on [energy@arunchichestercab.org.uk](mailto:energy@arunchichestercab.org.uk)

### Have debts?

- Phone 01243 974063