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Monday - Friday
9.00am - 5.00pm

London Borough of
Redbridge 

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How to keep your home warm and cope with winter weather



Top Tips

If you are struggling with rising energy costs, some of these “top tips” could help reduce your bills and keep you warm in winter.

No-cost tips

- Turn off lights when you leave a room
- Turn the heating down if you are too hot - turning it down by just 1 degree Centigrade can save up to 10% on fuel bills.
- If your hot water tank has a thermostat, set it to 60 degrees Centigrade.
- Close curtains at night to keep the heat in and tuck long curtains behind radiators.
- Take a shower rather than a bath – a shower uses a lot less hot water and saves on energy.
- Don't leave your electrical appliances on standby.
- If you have a washing machine, always wash with a full load and use the spin cycle before tumble-drying.
- Use the 30 degrees Centigrade washing cycle to save up to 30% electricity.
- Defrost your freezer regularly to keep it running efficiently.
- Don't overfill the kettle – just boil the amount you need.

- Have regular hot drinks and at least one hot meal a day to keep energy levels up during winter.
- Keep as active as possible.

Low-cost tips

- Use low energy light bulbs where possible.
- If you have a hot water cylinder, make sure it's well insulated.
- Insulate hot water pipes to stop heat escaping.
- Fix draught-excluders to external doors and windows.
- Fix shelves above radiators to deflect warm air into the room.

Higher-cost tips

- Install 270mm loft insulation to reduce heat loss through the roof.
- If your property has cavity walls, get them insulated.
- If your boiler is more than 15 years old, a new high efficiency model could save up to a third on your heating bills.

Depending on your circumstances, you may be eligible for help with the cost of improved heating and insulation. For more information, please contact the organisations listed on the next page.

Local assistance for residents

If you are having difficulty coping with cold weather, some of these services may be able to help.

Meals on Wheels

Delivers one hot meal a day and frozen meals are delivered fortnightly.

Telephone: 020 8708 7333
community.care@redbridge.gov.uk
www.redbridge.gov.uk

Age UK Redbridge

Supporting over 50's with activities in the borough to reduce isolation and loneliness and generate a feeling of safety in the home.

Telephone: 020 8220 6000
www.ageuk.org.uk/redbridge

Redbridge Handyperson Scheme

This scheme carries out minor repairs to homes of eligible people for a small charge.

Telephone: 020 8501 7778
www.redbridge.gov.uk

Winter Fuel and Cold Weather payments

Help with winter heating costs for people aged 60 and over.

Telephone: 0845 915 1515
www.direct.gov.uk

Energy Advice

Always look around for cheaper fuel bills, below are some websites that can help you find the cheapest tariffs.

Energy Helpline

Telephone: 0800 074 075
www.energyhelpline.com

Money Supermarket

Telephone: 0845 345 5708
www.moneysupermarket.com

Uswitch

Telephone: 0800 051 5493
www.uswitch.com

Money Saving Expert

www.moneysavingexpert.com

If you live in Redbridge and need advice because your heating system has broken down, please contact the Private Sector Housing team on **020 8708 4707**

For advice and information contact Redbridge Direct on **020 8500 5400**