



Welcome to the Energy Saving Workshop

Lauren Davies
& John Healey



Which uses more energy?



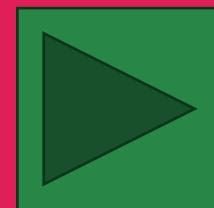
Air Fryer



Slow Cooker

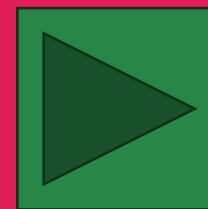
Correct! 

Slow cookers are generally a more energy efficient way to cook larger quantities of food whereas air fryers are used for smaller meals. Batch cooking food in larger quantities in a slow cooker can save you up to £112 per year. Despite this, 41% of people that took our recent survey told us that they do not own a slow cooker at all!



Wrong! ❌

The answer is actually air fryers. Slow cookers are generally a more energy efficient way to cook larger quantities of food whereas air fryers are used for smaller meals. Batch cooking food in larger quantities in a slow cooker can save you up to £112 per year. Despite this, 41% of people that took our recent survey told us that they do not own a slow cooker at all!



Which uses more energy?



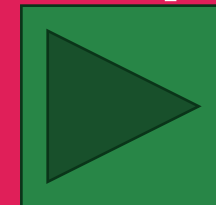
Hair Dryer



Hair Straightener

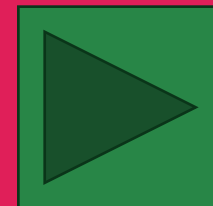
Correct! 

Correct, a hair dryer typically uses more energy. With daily usage, a hair dryer can cost 3.6p per use which over the course of a month could set you back on average £1.13. Hair straighteners typically cost 2.6p per use, setting you back around 83p per month.



Wrong! ❌

That's not quite right, a hair dryer typically uses more energy. With daily usage, a hair dryer can cost 3.6p per use which over the course of a month could set you back on average £1.13. Hair straighteners typically cost 2.6p per use, setting you back around 83p per month.



Which is most expensive?



Two showers a day

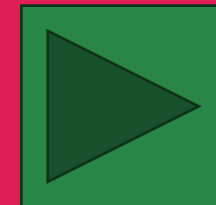


One bath a day

Correct!

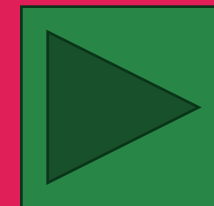
That's right! Just one bath can use up to 150 litres of water and can cost up to 90p.

Showering, on the other hand, only sets you back around 43p, meaning that you could take two showers a day (under 10 minutes long) and still save money! 67% of our survey takers are already opting to take daily showers over baths – a simple but effective way to bring the monthly bills down!



Wrong! ❌

That's not quite right. Just one bath can use up to 150 litres of water and can cost up to 90p. Showering, on the other hand, only sets you back around 43p, meaning that you could take two showers a day (under 10 minutes long) and still save money! 67% of our survey takers are already opting to take daily showers over baths – a simple but effective way to bring the monthly bills down!



Which uses the most energy?



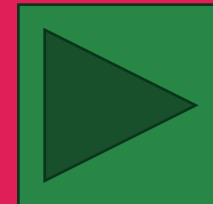
LED Bulb



Incandescent Bulb

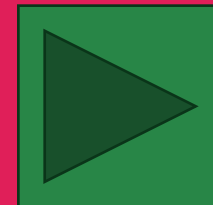
Correct!

Spot on. Over its lifetime, an LED bulb will typically cost around £19 however an incandescent bulb could set you back £152 across the same period. Check which bulbs you use in your home to make sure you aren't paying for unnecessary energy usage.



Wrong! ❌

Incorrect. Over its lifetime, an LED bulb will typically cost around £19 however an incandescent bulb could set you back £152 across the same period. Check which bulbs you use in your home to make sure you aren't paying for unnecessary energy usage.



WHICH IS THE MORE ENERGY EFFICIENT WAY TO DRY YOUR CLOTHES?



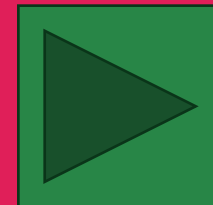
Tumble Dryer



Turn on central heating and air dry

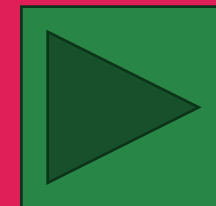
Correct!

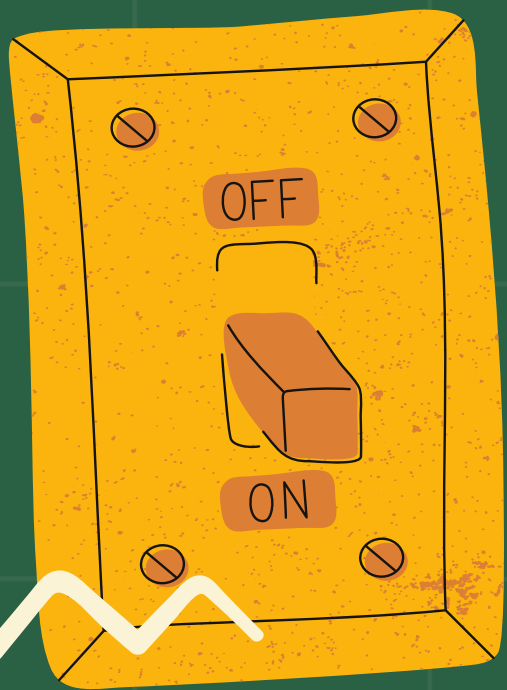
Yes! Tumble dryers use up to 5.2kwh on a full load and are one of the biggest culprits for using too much energy. Using your radiators to help speed up the process of air drying your clothes will only use 500w per hour setting you back just 20p, plus you can enjoy a warm house at the same time!



Wrong! ❌

Not quite. Tumble dryers use up to 5.2kwh on a full load and are one of the biggest culprits for using too much energy. Using your radiators to help speed up the process of air drying your clothes will only use 500w per hour setting you back just 20p, plus you can enjoy a warm house at the same time!



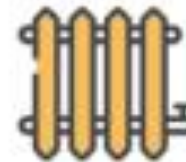


How Much Money Could you Save?



Turning your thermostat down by just 1°C can save as much as £12 a month.

SAVE up to £145 a year



Turn down radiator valves so you only heat rooms people are using.

SAVE up to £120 a year



Wearing more and putting an extra blanket on the bed, lowers the need to turn the heating up.



Draught proof windows and doors. Draught free homes are comfortable at lower temperatures – you may be able to turn your thermostat down.

SAVE up to £125 a year

Electricity



Only fill the kettle with the amount of water you need.

SAVE up to £15 a year



Use only full dishwashers and washing machines with the most efficient settings. Clothes can be washed at 30°C.

SAVE up to £61 a year



Air-dry your laundry rather than tumble drying it, particularly if the weather is warm or windy.

SAVE up to £71 a year

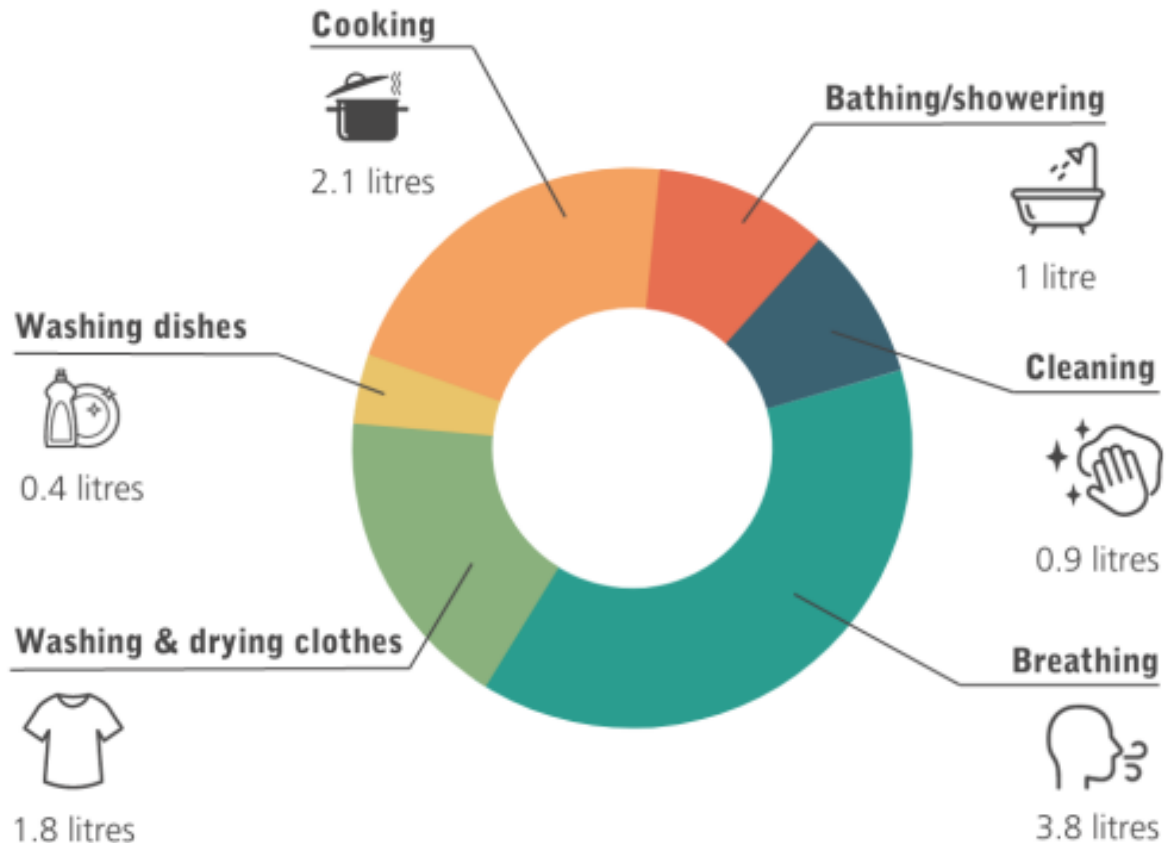


Switch appliances off standby when not in use.

SAVE up to £65 a year

DAMP & MOULD

An average household produces around **10 litres of moisture a day** through regular activities.



There are three ways that your home can become damp: through condensation, penetrating damp and rising damp. Dampness is associated with mould, which is unpleasant and unhealthy.

Mould

A damp home is a breeding ground for mould. Mould spores occur naturally in the air and they quickly multiply once they find a damp surface.

If you don't treat and clean it, it will grow and spread to other areas. Mould spores can exist in walls up to a meter around the visible patch.



Two immediate solutions to condensation are, firstly, to produce as little moist air as possible – for example by keeping lids on pans and drying clothes outside – and, secondly, to make sure all the moist air you do produce leaves your home through vents, extractor fans and open windows.

Tips for dealing with mould

Do take action early if you see mould!

- Everyday household activities such as cooking, washing and bathing all generate surprising amounts of moisture.
- Double glazing can help seal moisture in so always ensure trickle vents are kept open and aren't blocked. Spaces where there is little movement of air – behind cupboards or wardrobes – encourage condensation.
- Colder surfaces like north facing walls are more prone to condensation.



Do dry clean mildewed clothes and shampoo carpets



Do move furniture away from the wall if mould has formed behind



Do wipe down your walls and ceiling with a fungicidal wash to get rid of mould. Ask at your local hardware or DIY shop



Do redecorate with a fungicidal paint to prevent the problem re-occurring once you have treated it

How to spot the difference between leaks and condensation

Can you see a stain or white tidemark on the wall or ceiling?

- The likely cause is water from a leaking pipe, a leaking roof or a defective damp course. The white mark is due to salt deposits in the water

Please tell us as soon as possible if you spot these signs so that we can organise a surveyor to check your property and sort out an appropriate repair.



Can you see mould on the ceiling or walls – especially in corners or behind wardrobes?

- The likely cause is **condensation**. Condensation is caused by warm, moist air coming into contact with a colder surface such as a window or wall and then turning to water

Please don't leave it. If you follow the practical steps in this leaflet you may find you can sort out the problem yourself.



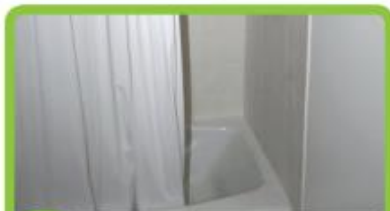
Bathing and showering



Do try putting cold water in the bath before adding hot water to reduce the amount of steam

Taking a bath =

2 pints of moisture



When bathing avoid splashing water over walls if they are not tiled



Always use a shower curtain. Please tell us if you fit a shower

Tips for improving ventilation



If you don't have vents or extractor fans, open windows for a short time during and after bathing or cooking



Do use vents and extractor fans where provided – with regular checks to ensure they are working and not blocked



Do position wardrobes and other furniture against internal walls rather than colder external ones where possible



Don't place furniture or curtains in front of radiators

Heating tips



Do try to keep your home warm enough to reduce condensation – between 18-21 °C for healthy adults when you are moving about



Do close your room doors to keep heat in and moisture out



Use your timer and thermostat to set your heating



Don't switch your heating off. Contact our Energy Advice Team if you're struggling to pay your heating bills

When cooking



Do cover pans



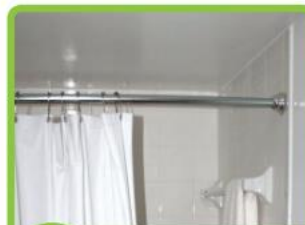
Do use your extractor fan or cooker hood if you have one

3 hours of cooking =

3 pints of moisture



Do keep your kitchen door closed to stop moisture escaping to other areas of your home



Do open your windows for a short time to let steam and moisture out

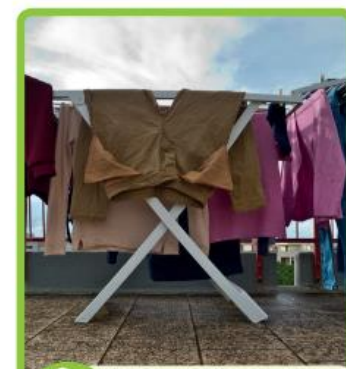
When drying laundry



Do ensure your tumble dryer is vented to the outside or that the room it is in is well ventilated so moisture can escape



If you don't have any outside space to dry your laundry, open the window or put your fan on



If you do have outside space, hang your washing out to dry



Don't dry your washing on the radiators (if you do, open a window)

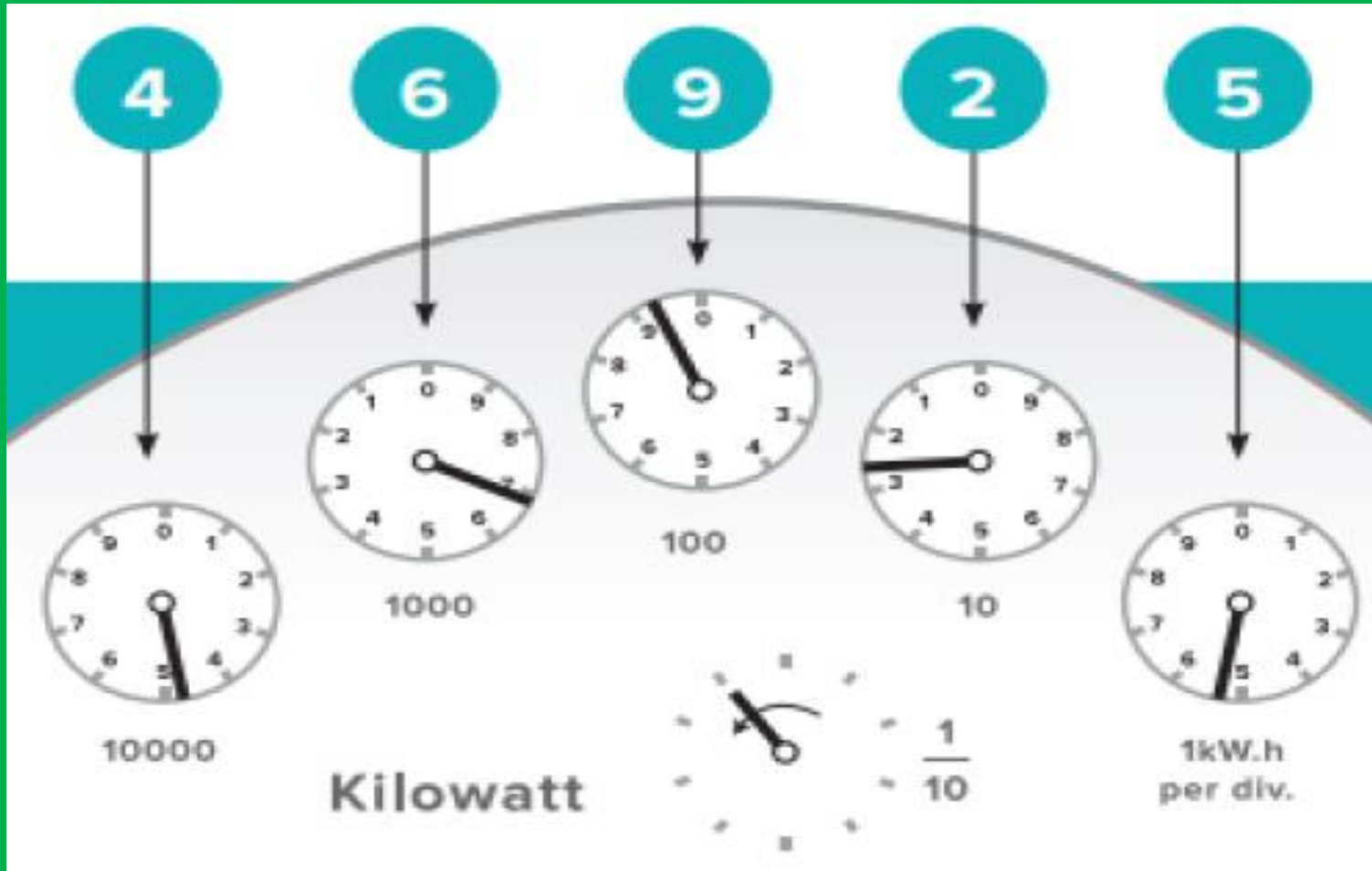
Washing clothes =

1 pint of moisture

Drying clothes =

10 pints of moisture

Types of Electricity Meter



Dial Meter

Types of Electricity Meter

Single Rate Dial Meter

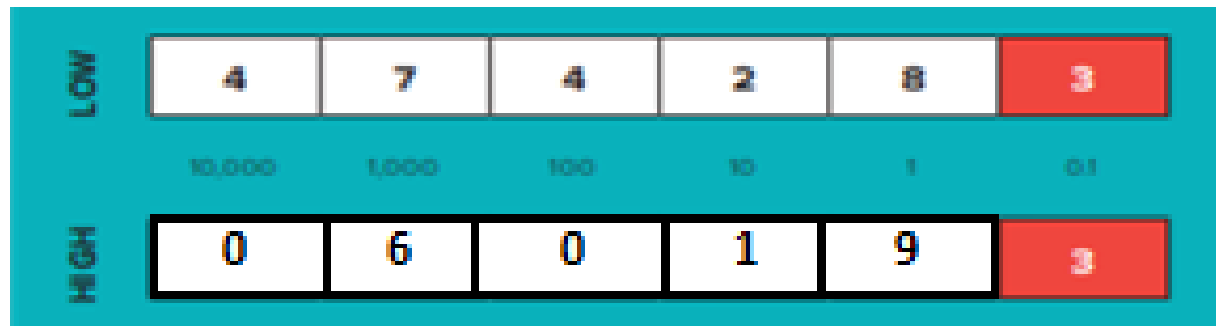
Write down all of the numbers from left to right including any zeros at the start. Ignore any numbers after the decimal point or shown in red.

2 1 1 3 8 4

The reading above is 21138

Types of Electricity Meter

Two Rate Dial Meter



If you get lower-price, off-peak electricity your meter may have two rows of numbers.

- The top row (marked LOW or NIGHT) shows how many units of off-peak electricity you have used
- The bottom row (marked HIGH or DAY) shows how many units of peak electricity you have used

Types of Electricity Meter

Two Rate Electronic Meter



Your electronic meter may show one or multiple screens. You will need to scroll through to find your reading.

Different electronic meters go through the information in different orders. Letters or numbers will come up on the display to show which rate the reading is.

1 Account Number
123 123 1234 56

2 Electricity Supply Number:

L	01	012	123
	10	9999	9999 100

Distributor: Happy Electric Grid, UK
Call: 080 00 00

3 Efficient Energy
0800 00 000
efficientenergy.co.uk
Mon-Fri 8am-8pm



efficient energy

4 Bill Date: 20 November 2020
Page 1 of 2

4 24 hour emergencies
Electricity 0800 00 001
Gas 0800 00 002

6 Mrs P Smith
1 Electric Avenue
Brighton
BR3 0AA

Hello Mrs P Smith

Your electricity bill

For 20 October 2020 - 21 November 2020 (31 days) 7	
The balance on your latest bill 8	£7.60 in credit
You paid us 1 payment of £60.00 9	£60.00 credit
Your charges for this period (including VAT@5%)	£70.78 10
Your new account balance 11	£3.16 in debit

COULD YOU PAY LESS? **13**

Over the next 12 months
Electricity personal projection
£835.87 (including VAT@5%)

This is based on an estimate of your usage last year. It includes your current tariff and our standard tariff once your current contract comes to an end in December 2020.

14

Our cheapest tariffs

You are already on our cheapest tariff

Remember it may be worth thinking about switching your supplier to ensure a better tariff.

Your monthly payments are INCREASING **12**

Heading into the winter period your account is in debit. This means you have a fuel debt. This is likely to increase as your electricity consumption rises during the winter months. To help ensure you do not end up with a significant debit on your gas account your Direct Debit will be increasing.



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Electricity					
Meter: 123456789			Tariff: Electricity Efficient Tariff 2020		
Period	Previous Reading	Latest Reading	Electricity Units Used	kWh rate	Charge
	15	16	18	19	21
20-Oct 19- 20-Nov 19	63105 your read	63993 estimated	488 kWh	x 12.67p	£61.83
Standing charge (31 days @ 18.00p per day)					20
Total electricity charges for this period (excluding VAT @ 5%)					£67.41

How did you work out my Direct Debit?

23

Direct Debit payments are calculated in a specific way. Meter readings are used to estimate usage until the end of your annual billing period. This is then adjusted for the time of year. Costs are calculated on current prices and any outstanding debit or credit already existing on the account. The cost is then divided over the number of payments made until the end of your annual billing period.

Services for customers with specific needs

24

If you have any extra needs, please contact us to let us know and ask us about our Priority Services Register.

ABOUT YOUR TARIFF

You can use the information below to compare your current tariff with others.

Electricity

22

Tariff name Electricity Efficient Tariff 2020

Payment method Monthly Direct Debit

Tariff end date 31 Dec 2020

Exit fee £00

(for early cancellation of tariff)

Annual consumption 6,100 kWh

(based on estimates)

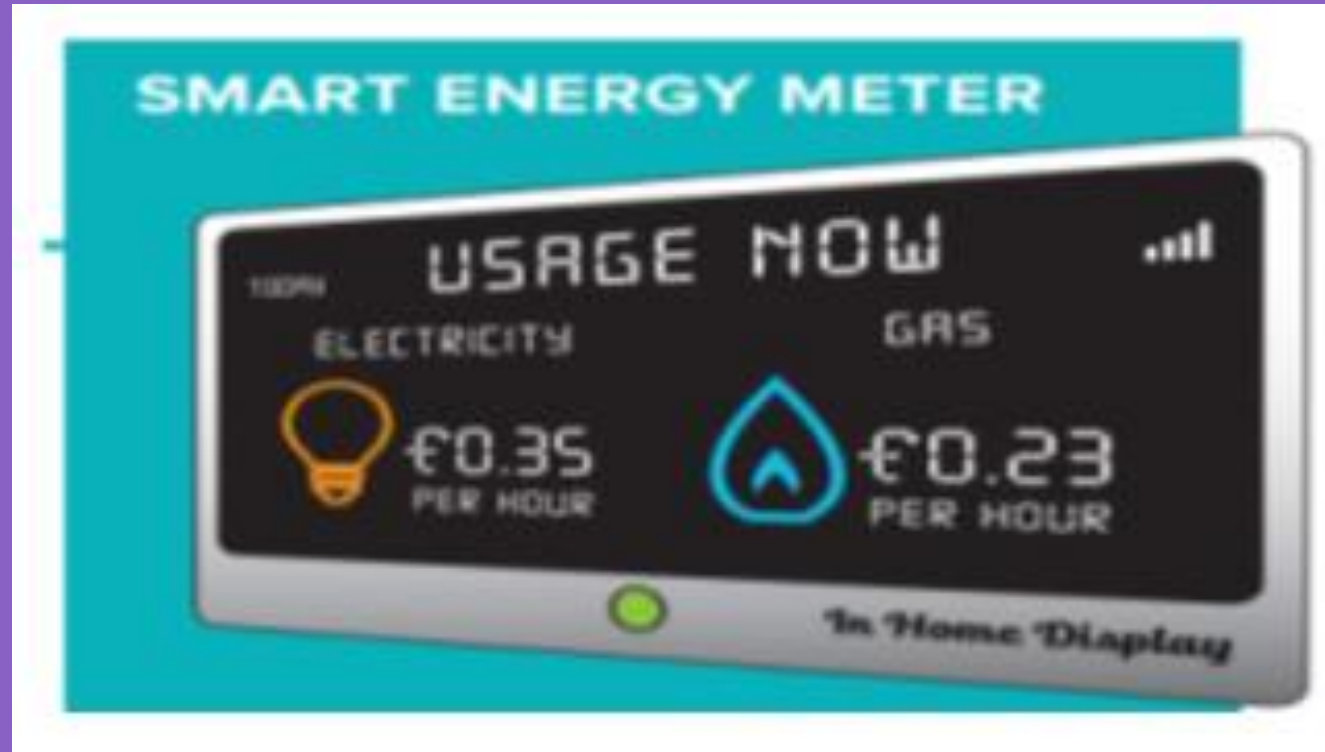


Types of Gas Meter

Digital Imperial Meter



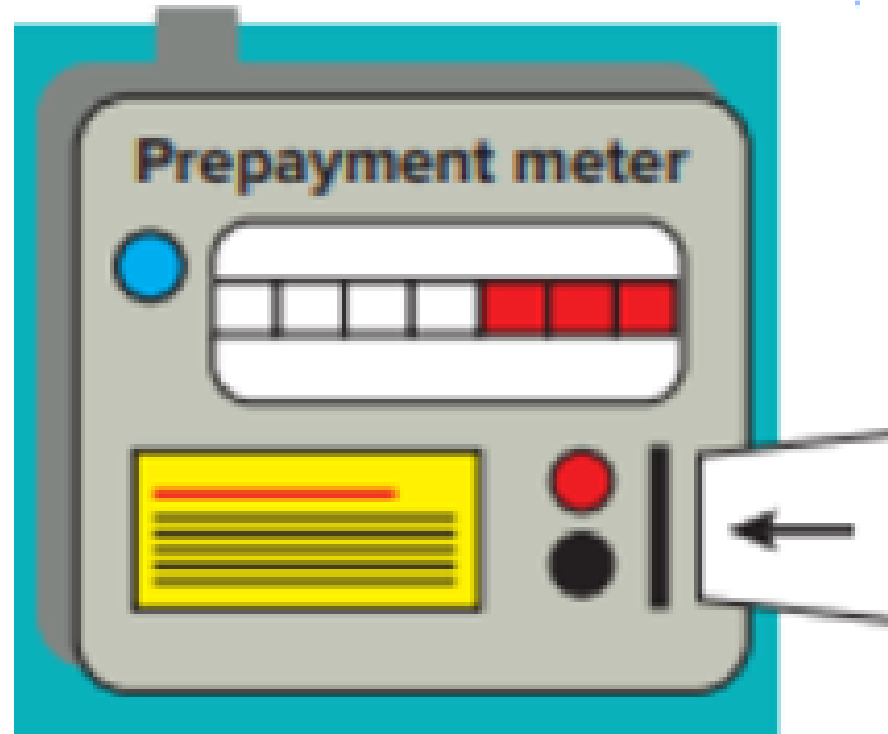
Electronic Meter



Prepayment Energy Meters

To use a prepayment meter you will need to go to a shop with PayPoint or PayZone or To a Post Office to charge (add credit) to your card or Key, or to buy tokens.

Your card or key is then inserted into the front of your prepayment meter.



Things you can do today to reduce your energy use and save money...

- Turn your thermostat down by 1 degree
- Bleed your radiators!
- Turn your lights off
- Shower instead of bathe
- Check your home for draughts and apply measures where needed
- Contact SHINE for a home visit!

Warm Spaces in Islington (side 1)

Mondays

9-7 - **St Luke's Community Centre** EC1V 4NB ¹

9-8- **Finsbury Library** EC1V

9:30-1 - **Mildmay Library** N1

9:30-4:30 **Vibast Community Centre** EC1V 9NH (not bank holidays) ²

10-1:30 **Andover Community Centre** N7 7RY ¹

9:30-8 - **N4, South, Archway + Central Libraries**

10-3 - **St. Mary's Hornsey Rise** N19 3AD ¹

11:30-1.30 - **Elizabeth House** N5 1ED Women's Group (term time) ^{2 4}

10-6 - **Hornsey Lane Estate Community Centre** N19 3YJ ²

2-4 **Margins Project at Union Chapel** N1 2UN (includes digital skills classes) ¹

6.30pm-8.30pm - **Elizabeth House Youth Club** N5 1ED ²

Tuesdays

9-5 - **Finsbury Library** EC1V 4NB

9-7 - **St Luke's Community Centre** ¹

9:30-4:30 **Vibast community centre** EC1V 9NH ² (except bank holidays)

9:30-5 - **N4 + Central Libraries**

9:30-5:30pm - **Mildmay Community Centre** N16 8NA (from 12/11/24) meal 12.30-2pm ³

9:30-7 - **Cat and Mouse Library** N7 0JN

9:30-8 - **Mildmay, North + West Libraries**

10-3 - **St. Mary's Hornsey Rise** N19 3AD ¹

9:45-4:30 - **Highbury Roundhouse** N5 1XB

10-4 - **Hilldrop Community Centre** ^{2 5}

Wednesdays

9-5 - **Finsbury Library** EC1V 4NB

9:30-4:30 **Vibast community centre** EC1V 9NH ² (not bank holidays)

9-7 - **St Luke's Community Centre** EC1V 8AJ ¹

9:30-1 - **Cat and Mouse Library** N7 0JN

9:30-11 + 19:30-20:30 **Mildmay Community Centre** N16 8NA ¹

9:30-8 - **Central, South, Archway + N4 Libraries**

9:45-4:30 - **Highbury Roundhouse** N5 1XB

10-2 - **St Clement's Church** EC1V 8DA

10-3 - **St. Mary's Hornsey Rise** N19 3AD ¹

10-6 - **Hornsey Lane Estate Community Centre** N19 3YJ ²

Thursdays

9-7 - **St Luke's Community Centre** EC1V 8AJ ¹

9:30 - 4:30 **Vibast community centre** EC1V 9NH ² (except bank holidays)

9-8 - **Finsbury Library** EC1V 4NB

9:30-1 - **N4 Library** N4 2JF

9:30-7 - **Cat and Mouse Library** N7 0JN

9:30-8 - **Central, Mildmay, West, and North Libraries**

10-3 - **St. Mary's Hornsey Rise** N19 3AD ¹

10-6 - **Hornsey Lane Estate Community Centre**, N19 3YJ ²

10:30-12 - **St George's Tufnell Park** N7 0ND (at the Church) for parents with children

Fridays

9-5 - **Finsbury Library** EC1V 4NB

9:30-4:30 **Vibast community centre** EC1V 9NH ² (not bank holidays)

9-7 - **St Luke's Community Centre** EC1V 8AJ ¹

9:30-1 - **North Library** N7 6JX

9:30-5 - **Archway, South, West, Central, and N4 Libraries**

9:30-5:30 **Andover Community Centre** N7 7RY ¹

9:45-4:30 - **Highbury Roundhouse** N5 1XB

10-3 - **St. Mary's Hornsey Rise** N19 3AD ¹

10-6 - **Hornsey Lane Estate Community Centre**, N19 3YJ ²

Weekends

Saturdays

9-5 - **Finsbury Library**

9:30-5 - **Central, N4, South, West, and Archway Libraries**

11-3 - **St Luke's Community Centre** EC1V ¹

11-5 - **Cat and Mouse, North, and Mildmay Libraries**

11-5 - **Hornsey Lane Estate Community Centre** N19 3YJ ²



continued on reverse

Updated: October 2024



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Warm Spaces in Islington (side 2)

Other Services

Citizens Advice Islington
Benefit and financial advice
020 7527 8222
heretohelp@islington.gov.uk

Shine London
Energy and fuel advice
0300 555 0195
shine@islington.gov.uk

Islington People's Rights
Welfare and debt advice
020 7561 3685
info@ipradvice.org.uk

Housing Aid
Through Islington Council
020 7527 2000

Manor Gardens Welfare Trust
Food Support
07538 562128
mgassistance@manorgardencentre.org

Help on Your Doorstep
Support with wellbeing & health,
housing, employment, and family
issues
020 3931 6080
connect@helponyourdoorstep.com

Tuesdays

10-6 - Hornsey Lane
Estate Centre, N19 3YJ ²

11-1.30, Elizabeth
House N5 1ED ^{2 7}

12-3 - St Jude and St
Paul's Church N1 4PL ^{1 2 6}

12:30-2 - Mildmay
Community Centre
Community Cookup
N16 8NA ³

6pm-8:30pm - St
George's Tufnell Park
(at the Vicarage, 72
Crayford Rd N7 OND) ²

Wednesdays

12 -3 - Brickworks
Community Centre ²

10:30-12 - St George's
Tufnell Park (at the
Church) N7 OND
term-time only ²

11 - 1.30- Elizabeth
House N5 1ED. Over
50's Blue House Club ²

12:30-3:30 - Holloway
Neighbourhood
Group N7 6QT. For
people over 55 ²

Thursdays

12-3 - Brunswick
Estate Community
Centre EC1V 0HP ²

12:30-2 - Mildmay
Community Centre
Community Cookup
N16 8NA ³

2-5 - King's House
Church Community
Café N1 9JY ¹

12-4 Whittington
Park Community
Centre N19 4RS ²

Fridays

6pm - 8:30pm
Mildmay
Community
Centre N16 ^{1 4}

6.30pm-8.30pm -
Elizabeth House
Youth Club N5
1ED ^{1 2}

Weekends

Sundays
11-3 - St Luke's
Community
Centre EC1V
8AJ ¹

1-5 - Central
Library N5 1PF

(by
arrangement) -
Hornsey Lane
Estate
Community
Centre N19

Please Note

- **St Mary's Church (Upper Street)** opens daily 9:30-4 with heating
- ¹ means **free drinks** are offered
- ² means **free food** is offered
- ³ means **food is offered** on a **Pay As You Can**-basis
- ⁴ means **games or activities**
- ⁵ Hilldrop Community Centre warm space is **not** operating 20th December to 3rd January
- ⁶ St Jude and St Paul's Church offers a **meal at 1pm**
- ⁷ means **advice sessions** are available **by appointment**



For feedback and/or questions, please email hello@islingtonfoodpartnership.org.uk
For more avenues for food support, please visit islingtonfoodpartnership.org.uk



Updated: October
2024



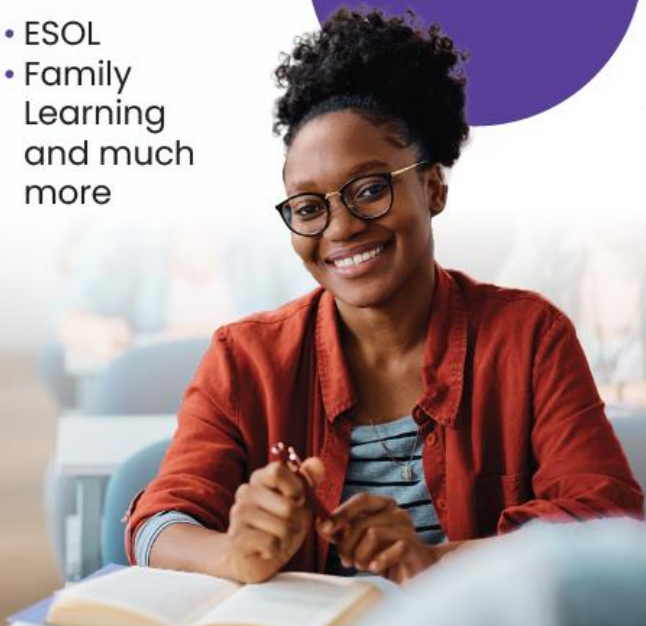
ISLINGTON
For a more equal future

Start a new course with Islington Adult Community Learning

Come along to our enrolment days
on **Thursday 24 and Friday
25 April 2025, 9.30am-3pm**
**The Community Centre,
76 Parkhurst Road, N7 0FF**

For more
information call,
text or WhatsApp
07734 777 466

- Digital Skills
- English
- Maths
- Employability Skills
- ESOL
- Family Learning and much more



You must be 19 or over, live in London and either be unemployed or earning less than £27,007 to be eligible for our free courses. Please bring proof of ID, residency and wage slip if in work.

Multiply

SUPPORTED BY
MAYOR OF LONDON

 **ISLINGTON**
For a more equal future

The Garden
Classroom

WELLBEING WALKS

Join Viv and Cat for
gentle walks in nature

DISCOVER YOUR COMMUNITY GREEN SPACES IN SPRING AND SUMMER

Specially designed for anyone aged 50-plus.

Accessible and open to all

Hot and cold drinks provided after the walk

DATE & TIME	MEETING POINT
Friday 7 TH March, 1.30-2.30 ^{PM}	The Clocktower, Caledonian Park N7
Friday 14 TH March, 1.30-2.30 ^{PM}	The Clocktower, Caledonian Park N7
Friday 21 ST March, 1.30-2.30 ^{PM}	Gillespie Park Ecology Centre N5
Friday 28 TH March, 1.30-2.30 ^{PM}	Gillespie Park Ecology Centre N5
Friday 4 TH July, 1.30-2.30 ^{PM}	The Clocktower, Caledonian Park N7
Friday 11 TH July, 1.30-2.30 ^{PM}	Newington Green N1
Friday 18 TH July, 1.30-2.30 ^{PM}	Newington Green N1
Friday 25 TH July, 1.30-2.30 ^{PM}	Thornhill Square Gardens N1

Places can be booked via eventbrite, or you are welcome
to turn up on the day without pre-booking.



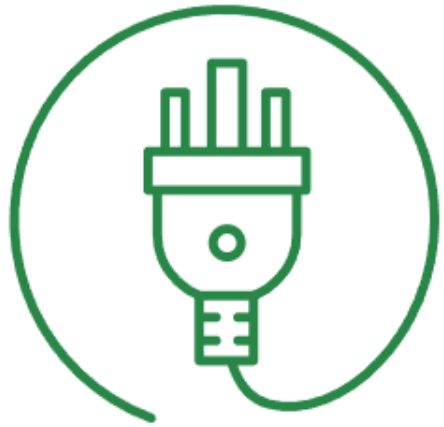
MORE INFORMATION

Scan the QR code to find out more or
call 079887751472
Email: viv@thegardenclassroom.org.uk



ISLINGTON

For a more equal future



SHINE

Our Seasonal Health Intervention Network (SHINE) is a one-stop referral system for the NHS and third sector helping them provide affordable warmth and seasonal health interventions to residents in Islington

Call the energy advice team directly on 0800 953 1221 or 0207 527 2121 for support. Our lines are open 9am-5pm, Monday-Friday. Alternatively, text 07800 006 143.