



WARM SPACES

Lots of community organisations are opening their doors this winter and providing a warm space. You can find a map of them on the North Northants website, or if you are unable to get online please call 01604 765888.

www.northnorthants.gov.uk/cost-living/warm-spaces



**North
Northamptonshire
Council**

NEED FURTHER SUPPORT?

For further advice or support with food or energy costs, or for energy saving items, please contact our rural wellbeing service using the email or telephone number below.

ABOUT US.

Northamptonshire ACRE
(Action with Communities in Rural England).

We are a countywide, independent charitable organisation working with rural communities in Northamptonshire to improve their quality of life, especially the disadvantaged.

- We offer a range of rural services including:
- Good Neighbour schemes and Rural Wellbeing
 - Community Support for village halls and parish councils.
 - Neighbourhood Plans.
 - Community Planning.
 - Training and Networking events.

CONTACT US.

01604 765888
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Registered Charity no: 1080038
Company House: 3937576

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**NORTHAMPTONSHIRE
ACRE**

PRACTICAL TIPS TO HELP YOU SAVE MONEY

Supporting rural
communities in North
Northants



**RURAL
WELLBEING
SERVICE**

STAYING WARM AT HOME

Heating on all day?

It is cheaper to turn your heating on and off, so if you aren't at home turning your heating off will save you money.



Other tips

- Consider heating a single room, and using a hot water bottle as a cost-effective way to stay warm for a short period of time.
- Gas is still cheaper than electric so if you are heating more than one room using your central heating is likely to be cheaper than single electric heaters.
- It's best to wear plenty of layers to trap warm air, avoid having bare feet (apart from in the bath!) and wear slippers, and when sitting, keep feet up off the floor.
- Keeping wrists warm with long sleeves or wrist warmers is beneficial to those who suffer from stiff, painful joints and arthritis as they don't restrict movement or put pressure on joints.
- Drink plenty – tea, coffee, Bovril, and eat warming foods such as soups and broths.
- If you've got a hot water tank, insulating this will mean you can access hot water for longer, and it'll cost you less to heat this water up. A hot water tank jacket costs around £16.



Keep Safe

Room temperatures of below 18 degrees put you at increased risk of heart attack or stroke. Breathing in cold air can also increase the risk, and impact, of serious illnesses like flu and pneumonia.

If you are worried about putting on your heating please get in touch.

Off Gas?

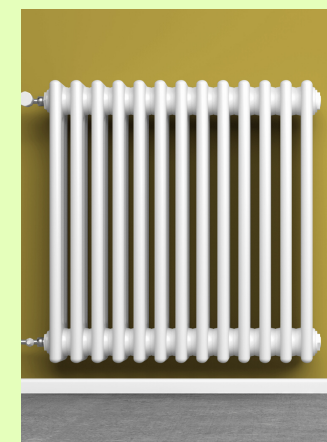
Buy ahead of time

If you can plan and buy ahead, waiting longer for your order to arrive will usually cost you less.

- Prices for heating oil can be a bit lower during the summer, as demand tends to be a lot lower.
- It's best to compare as many quotes as possible from different suppliers.
- Consider joining a bulk oil scheme, but check the price against other companies to make sure you are getting a competitive price.

Radiators

- Keep your furniture away from radiators to allow warm air to circulate.
- Cold spots? Bleeding radiators is a quick and simple task.
- Fit reflective panels behind your radiators- this can be made with foil and cardboard.



Stop draughts

- If you have a chimney you don't use, fit a chimney balloon for around £20.
- Seal gaps around doors and windows
- If there's a gap at the bottom of the door, block it with a draught excluder.
- Close internal doors and keep curtains drawn.
- Rugs can help if you have gaps in your floor boards.



Damp?

Damp can make your home feel much colder

- Don't dry your washing on radiators - instead use an ailer and an electric dehumidifier as a cheaper alternative to a tumble dryer.
- Keep lids on boiling pans and the window open when you have a shower or bath.



Cooking

- Microwaves, air fryers and slow cookers can be cheaper to run than ovens- but it does depend on the amount of food being cooked.
- Ovens can be turned off when the meal is nearly cooked and the residual heat used to finish.
- Use a lid when cooking on a hob.
- If you are cooking something small in an oven consider cooking several things- for example cooking things you like hot or cold and can be eaten the next day.