

Saving Water, Saving Energy, Saving Money

A St John's Foundation Guide

With the pressures of the cost-of-living crisis and the knock-on effects of two heatwaves, we thought it would be useful to compile some information to help you save on both energy and water over the coming months.



We hope you find the following guide helpful and can use it to reduce your environmental footprint, whilst also making savings.

If you cannot access any of the resources included due to a lack of internet or because of any other barriers, please ask a Good Living Advisor for support - we will be more than happy to help.

Saving Water

With simple changes to daily routines and habits, water usage can be reduced. With less water usage, comes less energy used to treat and transport the water, and more water reserved for the surrounding environment and reservoirs. Give some of the following tips a go!

Washing machines

Each load of washing requires 50 litres of water. By ensuring you always do a full load of washing, you can maximise the efficiency of the water used.

By using a lower temperature on your washing machine, you can also save money as you won't be heating the washing machine as much on a cooler temperature.

Daily Habits

Try washing your fruit/veg in a bowl, then reusing the water to water your plants.

Cooking water from boiling or steaming foods can be used for stocks, soups, and gravy, and can contain vitamins.

Reuse your pasta water in your sauce for added flavour and starch.

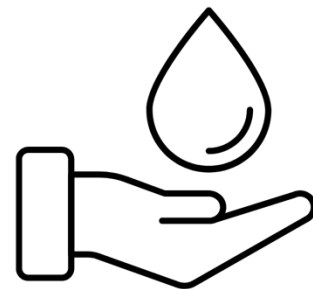
The Bathroom

About 73% of an individual's water usage takes place in the bathroom, which leaves plenty of potential to reduce the usage.

The recommended shower length is **four minutes**, every minute less spent in the shower could save you 10 litres of water.

By turning your tap off while brushing your teeth and shaving, you will save litres of water.

Each toilet flush uses roughly 6 litres, so consider flushing only when necessary, and avoid flushing anything other than toilet paper and waste, to avoid wastage from blockages.



If possible, try to use a dishwasher as they use less water than washing up by hand (and of course, make sure the dishwasher is as full as possible when you do use it!)

Saving Energy

Reduce your bills and your impact with the following tips.

Say bye to standby

£30 a year can be saved by switching appliances off entirely, and the majority of modern appliances can be turned off at the mains without disturbing their programming.

Turn off the lights, turn down the spending

You can save £14 annually by switching off your lights when they are not in use, even if they are off for a handful of seconds, they will still use less energy than switching them back on again.

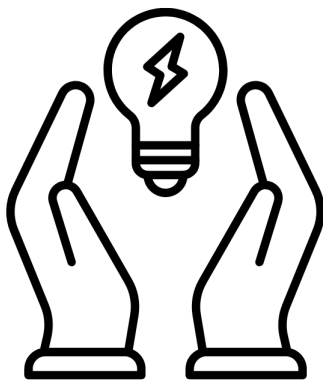
Saving Water and Electricity

Every minute less in the shower not only reduces your water footprint but will also save you between £7-14 a year.

Kitchen savings

Combine the following tips to save up to £32 a year on energy spent in the kitchen.

Using a bowl to wash up, rather than running the tap, saves you £25 a year in energy bills. By filling your kettle with only the amount of water you need you can save £7 a year.



Saving Money

With the cost of living forecasted to continually rise in the coming month, pressures will understandably mount for households.

To ease some of those pressure, we have curated a list of resources and support available both locally and nationally, and the routes through which you can access them.

Money Saving Tips

Try cooking meals in bulk and freezing what you do not use to save on wastage.

Try exchanging with neighbours who are also bulk cooking!

Microwaves are much more efficient than ovens, especially for reheating food.

Turning appliances off at the wall, rather than leaving them on standby, could save you £100/year

Direct debit payments to energy companies are usually less expensive, especially if you provide monthly meter reads.

Community Welfare Hub

The council have set up a hotline for any cost-of-living related concerns or advice. It collates a few of the organisations that are present in the following sections, such as Bath Mind, Age UK, and Citizen's Advice.

Contact them at: 0300 247 0050

Budgeting

Understanding and planning a budget is vital in money management and knowing where you stand, and what support you may need.

Citizens Advice provide a free budget planner, that takes just 30 minutes to complete. [You can find it online here.](#)

If you do not have access to the internet, please ask a Good Living Advisor for support and they will be happy to help.

Debt management

StepChange is a debt management charity, who will provide free debt advice based on a comprehensive assessment of your situation. They can then provide practical help and support.

They can be contacted on 0800 138 111

Finances and Mental Health

Money and mental health have a proven, intrinsic link. If you find you are struggling with your mental health as a result of your finances, local charity Bath Mind have a plethora of resources available to you, a lot of these can be found on their [website here.](#)

This includes talking therapies, understanding the link between mental health and money (and how to manage it), how to eat well on a budget and much more. Call 01225 47 72 77

Befriending

It can be harder to get out and socialise in the winter months, with the weather and mobility acting as barriers. AgeUK provide befriending services to provide you with company and a friendly voice to ease isolation and lend a listening ear.

AgeUK are partnered with The Silver Line to provide weekly telephone calls, a time to catch up and talk about whatever interests you.

They can be contacted at: 0800 4 70 80 90

Or you can sign up on their [website here](#).

Friends of the Elderly Grants

Friends of the Elderly are providing Grants of up to £400 to older people who are currently residing in England or Wales and are on a low income/have savings under £400. You must live in privately owned, privately rented or social housing. Due to the size of the team, this process does require a Third-Party Referral Agent who knows you in a professional or community capacity.

Government Support

Winter Fuel Payment

If you were born prior to 25 September 1956 you can receive between £250-£600 to support with paying your heating bill. This will automatically be paid to you if you are in receipt of a state pension or receive another social security benefit. This amount will include the Pensioner Cost of Living Payment amounting to between £150-£300.

Energy Bill Discount

Households will currently receive a total of a £400 discount to their energy bills this winter. This will start out as £66 a month in the months of October and November, rising to £67 a month from December to March.

This will not have to be repaid, and will be paid monthly, regardless of what payment plan you are on.

For people on direct debit, you will see your bill automatically reduced, or you will be refunded the amount shortly after payment.

Credit and payment card customers will see the discount applied as credit in the first week of each month, with the credit appearing as though you made a payment.

Traditional payment meter customers will receive a voucher in the first week of each month by text, email, or post. This can be taken to your top up point to apply the discount.

Cost of Living Payment

If you are in receipt of Pension Credit or Universal Credit, you should have received a £326 payment between 14 July and 31 July 2022. A further £324 will be issued Autumn 2022.

Welfare Support

If you cannot afford food, certain debts or energy costs, the council can provide welfare support.

Access it at on their [website here](#) or by calling 01225 47 72 77

Pension Credit

Pension credit is a benefit provided by the government to those on low income, designed to enhance your pension to better manage living costs. It is claimable four months before you reach pensionable age and is back datable by three months.

To see if you're entitled to pension credit, call: 0800 99 1234 or you can apply [online here](#).

Having pension credit could also grant you access to help with council tax, housing costs and a free TV license.

Attendance Allowance

If you are of pensionable age, and have a physical or mental disability, the government will provide Attendance Allowance to help with the extra costs of having someone support you. This can be £61.85/week or 92.40/week depending on the severity of your disability. It may also lead to an increase in other benefits received.

You can contact the Attendance Allowance Hotline at: 0800 731 0122

You can also ask a Good Living Assistant for a copy of the form to send off, or [download it here](#).

TV licensing

If you are over the age of 75, your TV license is free. The Finance Team do an annual census to ensure everyone is receiving it for free, or at the concessionary rate of £7.50 if they are under 75, and applies on the behalf of all residents who have consented. If you are not part of this scheme and would like to be, please contact a Good Living Advisor.