

## Simple Advice Sheet: stay warm in your park home this winter.

### If your budget allows:

- Insulate your walls with external wall insulation
- Insulate your roof and underfloor
- Upgrade your central heating system or have it serviced
- Update your windows and doors
- Fit a skirt to the home.

### Lifestyle changes to keep warm:

- Dress in layers
- Keep active
- Have regular hot drinks
- Close curtains to trap in heat
- Eat healthily.



### If you are struggling with high bills:

#### *Check for grants to improve your homes energy efficiency*

Call your council or visit [www.communitywarmth.org](http://www.communitywarmth.org)

#### *Check you are on the best priced energy tariff*

Speak to your council, citizens advice or search online

#### *Cut your energy bill in other ways so you can afford a bit more heat:*

- Learn your heating controls, heating water is incredibly expensive and can cause unnecessary high bills.
- Only boil enough water in the kettle for the cups you need to fill.
- Shower dont bath.
- Fit low energy light bulbs.
- Switch things off when not in use, even things on standby use electricity.
- If you have a hot water tank, make sure its thickly lagged.
- If you dont have a dishwasher, use a bowl of water rather than running the tap.
- Use alternatives to your oven such as a slow cooker, microwave or hob.

**Draught proof your home but dont block up your vents.**

#### *Dont suffer in silence and do not struggle with paying your energy bill*

Ask for advice from your council, Citizens Advice or Energy Supplier, they all are able to offer advice to lower your bills and make sure you understand what help is available if you cant afford to heat your home. All energy suppliers have schemes in place to reduce bills and to assist people who are struggling to afford enough warmth.