

Get Ready for Winter 2023



**With Home Energy Scotland
North East**

Welcome



Home Energy Scotland is an energy advice service that helps people in Scotland create warmer homes, reduce their energy bills, and lower their carbon footprint. We are funded by the Scottish Government and managed by Energy Saving Trust.

We work with people and organisations to help tackle fuel poverty and the climate emergency – both key priorities for the Scottish Government (and humans in general!) In this pack you'll find lots of advice and information that you can share to help promote the range of support available to Scottish households plus:

- Copy for use in any publications you create.
- Posters, leaflets and printable factsheets.
- Suggested posts for your social media accounts.
- Other useful sources of support and online tools.

Our partnership team is ready to help. If you have any questions at all, please contact partnerships@ne.homeenergyscotland.org

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About Home Energy Scotland



Household bills are increasing every day for Scottish households. The cost of living and the energy crisis are the major factors in seeing your bills cost more each month. However, help is at hand.

Funded by the Scottish Government and managed by Energy Saving Trust, Home Energy Scotland is a free, impartial advice service, with no affiliation with energy suppliers and the team never cold call. At home and on the road, we're here to help you keep your bills low.

As well as providing practical tips and advice for reducing the amount of energy you use, we can also look at funding options including Scottish Government grants and interest free loans to make your home warmer.

We also offer knowledge and expert advice on installing renewable energy at home, greener travel including ebikes and cutting water waste.

Call freephone 0808 808 2282 - lines are open Monday to Friday 8am to 5pm

Send us an email to advice@ne.homeenergyscotland.org. Request a call-back/email via our [website](#).

Energy Price Cap Update



The energy price cap is a limit on the unit rate and standing charge that energy suppliers can charge for their standard variable – or default - tariffs. The rate is set by Ofgem, the energy regulator, and is reviewed four times a year.

The price cap's new level has been announced – it will rise to £1,928 for average use dual fuel customers from 1 January to 31 March 2024.

The good news is that this is the third price cap decrease in a row after four consecutive increases, mainly due to the fact that volatile wholesale energy prices are beginning to settle down and provide customers with some price stability - albeit with prices much higher than they were two years ago

New energy price cap rates from 1 January to 31 March 2024

- GAS unit rate 7.81p per kWh standing charge 34.97p per day
- ELECTRICITY unit rate 30.12p per kWh standing charge 60.01p per day

The Price Cap is misnamed as there is NO CAP ON THE MAX YOU PAY FOR ENERGY – it's actually on the underlying rates, so use more and you pay more.



Financial Support



While we can provide you with personalised energy saving advice, Home Energy Scotland doesn't directly provide financial support of fuel vouchers or crisis funds.

If you're struggling to pay your bills, help is available. To access this, it's vital to contact the right source of support for what you need. We've put together some useful links to some organisations and funding that can help you manage your money, provide financial support and check if you're eligible for benefits.

We're regularly updating this list so do check our financial support section on our [website](#) regularly.

[Financial support](#)

[Emergency advice and support](#)

[Debt and welfare support](#)

[Useful links](#)



Warmer Homes Scotland update



Warmer Homes Scotland provides energy saving home improvements to eligible households who are struggling to keep warm or with the cost of their energy bills.

Referrals for Warmer Homes Scotland had started as of Monday 2 October 2023. The revised programme will offer increased support for zero emissions heating systems, and households will be offered complete packages of works in line with a new 'whole house, no regrets' retrofit approach. Thanks to updated eligibility criteria, more people than ever before will be eligible.

Now that the programme is live we will maintain a balance between making assessor appointments available to new callers while calling those referrals that have been on hold to book appointments.

If you have already applied or wish to apply for Warmer Homes Scotland, you can find information about what happens next on our [Warmer Homes Scotland webpage](#).

If you have any further questions about Warmer Homes Scotland, call us at **0808 808 2282** to speak to one of our friendly advisors, or get in touch online via our [contact form](#).

Doug Knitting Pattern



INSTRUCTIONS FOR KNITTING DOUG THE CATERPILLAR DRAUGHT EXCLUDER FROM HOME ENERGY SCOTLAND



You will need Double Knitting yarn:

- 3 x 50g balls of Sirdar Snuggly DK 0326 Denim (Blue)
- 1 x 100g ball of Hayfield Bonus DK 0825 Grass (Green)
- 2x 50g ball of Sirdar Country Style DK Rosehip (Pink)
- 2x 50g balls of Sirdar Country Style DK 612 Maple (Yellow)

You will also need various scraps of grey, blue and rusty brown yarn for the moustache.

These yarns are the colours used for Doug but you could use your favourite colours or use up left over balls of yarn. Make him personal to your home and family.

One set of 5mm double pointed needles (or circular needle)

One set of 4.5mm double pointed needles (or circular needle)

NOTE: Yarn is worked in double throughout. Work in rows until all increases have been worked before joining into a round.

Doug measures 110cm in total but you should knit your caterpillar the length you need to fit your door. Most doorways measure between 80-100cm wide. Doug's body is made from twelve coloured segments so simply reduce the number of segments you knit to achieve the length you require.

STARTING AT THE HEAD

Using 5mm double pointed needles and Denim Blue yarn cast on 6 stitches.

- Row 1 Increase in each of the next 2 sts, K1, inc in each of the next 2 sts (6sts)
- Row 2 Purl
- Row 3 (K1, m1) to last st, K1 (17sts)
- Row 4 Purl
- Row 5 (K2, m1) to last st, K1 (25sts)
- Row 6 Purl
- Row 7 Knit
- Row 8 Purl
- Row 9 (K3, m1) to last st, K1 (33sts)
- Row 10 Purl
- Row 11 Knit
- Row 12 Purl
- Row 13 (K4, m1) to last st, K1 (41sts)

Place a marker, join work into a round and work as follows:

- Row 14-33 Knit
- Row 34 Change to 4.5mm needles and knit one round



BODY SEGMENTS

Doug's body is made from twelve different coloured segments. Repeat rows 35-52 for each colour change. Doug's colour sequence is: Grass Green, Rosehip Pink, Marigold Yellow, Denim Blue, Grass Green, Denim Blue, Rosehip Pink, Marigold Yellow, Denim Blue, Grass Green, Rosehip Pink and Marigold Yellow for the tail.

- Row 35 Change yarn colour, knit one round
- Row 36 Purl
- Row 37 Change back to size 5mm needles. Knit
- Row 38 Purl
- Row 39 Knit
- Row 40 Purl
- Row 41 Knit
- Row 42-45 Purl
- Row 46 Knit
- Row 47 Purl
- Row 48 Knit
- Row 49 Purl
- Row 50 Knit
- Row 51 Change to 4.5mm needles and purl one round
- Row 52 Knit

NOTE: You may want to sew up the head and start stuffing the body as you go along rather than waiting until the end.

FOR SIMPLE, IMPARTIAL ADVICE ON MAKING YOUR HOME CHEAPER TO HEAT, CALL 0808 808 2282 OR VISIT HOMEENERGYSCOTLAND.ORG

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Winter Energy Saving Tips



Follow our tips* and advice for quick and easy ways to save energy, lower your bills and reduce your carbon footprint. Whether you're a homeowner, a private or social renter, a student, or you live with your parents, there are many things you can do. Take a look at our quick tips and see how much you could save.

1. Avoiding overfilling the kettle for those warm winter drinks will help you to save water, and around £12 a year on your energy bills. Find out which [appliances use most energy in your home](#).
2. Turn down your thermostat. Only heating rooms that you use and turning heating off while you're out will help to save. If possible, turning your thermostat down by 1 degree can help you to save £115 a year.
3. Draught proofing around windows and doors will help to keep your home warmer and save you around £50 per year.
4. Close the curtains. Drawing your curtains and closing blinds on dark nights will help to limit heat loss. Your home will feel cosier and you may be able to save on heating.
5. Swap your bath for a shower. Some of us might enjoy a long soak in the bath in the winter but swapping just one bath a week with a 4-minute shower could save you £35 a year on your energy bills. Find out how [saving water at home](#) can help your wallet and the environment.

*These tips have been provided by Energy Saving Trust. Info correct as of October 2023. Visit the Energy Saving Trust [website](#) for more tips and advice.

Outreach and Events



Want to help your clients adopt healthier and happier lifestyles?

Speak to us about visiting your premises to provide one to one advice for customers in your community. Offering personal support, expert staff will be on hand to advise on general energy related enquiries and refer people for further help. We can also deliver information talks to small groups.

[Email us to book a workshop](#)

[Download our poster shell and promote our drop in event at your premises](#)

Employee Engagement



Part of our role is reaching out to employees to offer free workshops.



The workshops are interactive and teach not only the benefits of reducing carbon emissions but also the advantages of doing so and how to reduce our energy bills. Each presentation takes 30/45 minutes and covers 3 subjects.

Save Energy at Home
Sustainable Travel
Saving Water in Scotland, Really!



Win £350 of energy saving items for you and your home



HOMEENERGYSCOTLAND.ORG
0808 808 2282
FUNDED BY THE SCOTTISH GOVERNMENT

energy
saving
trust



Social Media



Suggested post content

Concerned about rising energy costs? If you're struggling to keep up with your energy bills, Home Energy Scotland is dedicated to helping you. Find out more and how to get in touch at <https://www.homeenergyscotland.org/>

Tag/follow our social media accounts

Facebook [@HESNorthEast](#)

Twitter [@HomeEnergyScot](#)

Instagram [@homeenergyscot](#)

YouTube [@HomeEnergyScotland](#)

Useful Information and Tools



List of services for financial support

(eg debt, emergency funding and fuel vouchers) Home Energy Scotland website

Tips to make your home warmer

Home Energy Scotland website

The Energy Price cap explained

Energy Saving Trust website

Help to avoid energy scams

Home Energy Scotland website

Cost of Living support

Scottish Government website

Home Energy Check tool

Home Energy Scotland website

Home Insulation Factsheet

To download and print

Understanding your Boiler Factsheet

To download and print

Use Water Wisely Factsheet

To download and print

Watch our electric heating control video

Watch our understanding your energy bill video

Watch our boiler control video

Energy Saving Tips short videos

Home Energy Scotland Facebook

Low Emission Zones vehicle checker

Renewables Installer Finder

Online tool to search for accredited installers throughout Scotland

Green Homes Network

Read stories from people who've already installed renewables

Webinars and Guides to watch on our YouTube channel:

Climate Change & Global Warming
Living with a Heat Pump
Your guide to ebikes