



Here for Hart Bulletin

COST OF LIVING

Focusing on Money Saving APPs and Discount Vouchers



Keeping local community partners up-to-date with the latest activity from the Here for Hart programme and shining a light on community initiatives and services. This bulletin covers the ways Hart residents can get advice and support with energy bills and the cost of Living and is focused on vouchers and money saving tips.

Here for Hart is a programme co-ordinated by Hart District Council.
You can contact us at: hereforhart@hart.gov.uk

Here for Hart Directory

The Communities Team at Hart District Council, in partnership with Hart Voluntary Action, have launched the Here for Hart Directory. It is an online directory of services available to Hart residents, groups, clubs, and community services.

There are 21 different categories, including Care & Support, Community Venues, Disabilities & Health Conditions, Employment, Housing Support, Social & Leisure Activities, Money Matters and Transport & Mobility.

Please take a look at: hereforhartdirectory.org.uk



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Community Foodbanks / Pantries and Hubs



Hart Foodbank helps people that are in crisis within the boundaries of Hart. There are four foodbanks across the district where clients can collect food parcels. These foodbanks are situated in: Darby Green, Fleet, Odiham and Hook.

Collection of food parcels is strongly encouraged as we only deliver in exceptional circumstances. As well as food parcels, Hart Foodbank can also supply hygiene products and cleaning items for the home.

If you would like to donate ambient food, hygiene items, Size 5 and 6 nappies or cleaning products, then please visit the Hart Foodbank website: hart.foodbank.org.uk for all the places you can take your donations to.

Please note that people cannot directly self-refer to the Hart Foodbank. Ideally, they will have been referred to Hart Foodbank by an agency such as a Housing Association, Citizens Advice, Job Centre Plus, local schools, GP Surgeries, or social prescribers etc.

Hart Foodbank also run a Kids Clothing Bank. Contact Emma at: emma@mabin.co.uk to talk about your need for children's clothes, or to donate clothes, for 4 to 14 year olds.

Hart's Fleet Foodbank is located at Fleet Baptist Church, 115 Clarence Road, Fleet, GU51 3RS. **Monday** between 1.30pm – 3pm and **Thursday** between 11am – 12.30pm

Derby Green Foodbank is located at St Barnabas Church, Brinns Lane, GU17 0BT. **Monday** between 1.30pm – 3pm and **Thursday** between 1.30pm – 3pm.

Hook Foodbank is located at Life Church Hook, Elms Road, Hook, RG27 9DX. Tel: 07849 198179 - office@lifechurchhook.org **Monday** between 12pm – 1.30pm and **Thursday** between 10.30am – 12pm.

All Saints Church, Odiham Foodbank is located at the Church Office, Ostlers Place, Deer Park View, Odiham, RG29 1JY. Tel: 07387 116947 or email: odihamfoodbank@gmail.com **Thursday** between 1.30pm - 3pm.

For more information visit [FareShare Larder : Here for Hart Directory](#) and for a membership form please email: FSSouthernCentral@fareshare.org.uk

Hart Foodbank now have a new team of Community Connectors who are meeting with Foodbank clients, to offer advice about other organisations that may be able to help with specific issues. This may include benefits, debt, health issues and many more. We also have a part time Citizens Advice worker who is also available for support with issues.

Contact: hart.foodbk@hotmail.co.uk if you have any questions regarding Hart Foodbank. Please note that you cannot request a food parcel for yourself via this email address.

The Hygiene Bank:

Community Partners can refer eligible clients to the Hygiene Bank. They will support and signpost to other partner organisations that can help [The Hygiene Bank - get-products](#)

Other local food provisions in neighbouring districts are:

Darby Green Mobile Community Larder: This is a community larder based on a membership scheme where you pay a maximum of £5/week to get food of significantly more value.

Located at: St Barnabas Church, Brinns Lane, Darby Green, GU17 0BT Every Thursday: Between 1pm – 2.30pm

Hook Mobile Community Larder: A small fee is payable depending on the size of your family (ID is required). **Address:** Life Church Hook, Elms Road, Hook, RG27 9DX. For more information call 0784 919 8179. It is open on **Thursday** mornings between 10am - 11am.

Community Pantry at [Yateley Industries](#) provides support to members. People can register and pay £5 per shop to receive at least £15 worth of fresh, frozen, and general foods.

Tel 01252 872337 or Email alexs@yateleyindustries.net

The Hart Community Pantry's focus remains on people on low income or benefits.

[Yateley Industries Community Pantry](#)

Community Grub Hub CIC:

Located at: 2a Windsor Way, Aldershot GU11 1JG and open every Tuesday 10am to 4pm.

For more information, please follow the project's [Facebook page](#) or email grubhub@rvs.org.uk

The Community Cupboard at the Vine Centre, Aldershot:

Tel: 01252 400196 Opening hours: Monday – Wednesday 10am – 3pm.

FREE for anyone in the community - [The Vine Centre](#) email: info@thevinecentre.org.uk

Church of the Good Shepherd:

The Church of the Good Shepherd is open Friday mornings at 10am – 12noon for anyone to collect a bag of free food essential items. Church of the Good Shepherd, Sand Hill, Farnborough, GU14 8ER - Phone: 07845 175 158 or Email: community@goodshepherdchurch.org.uk

The Larder Foodbank:

They can deliver food parcels to families and individuals in need on Monday, Wednesday and Friday afternoons. To receive a food parcel, referrals must be made by a professional. This can be: A Key Worker/Social Worker, children's school, GP surgery, Housing Association, Citizen's Advice, Rushmoor Borough Council, Christians Against Poverty (CAP).

Please call the Larder Phone (07501 202546) and leave a message with your details.



Fleet Phoenix: The Fleet Phoenix food store offers food & hygiene parcels to those families most in need. If you need help or would like to make a professional referral, please email: info@fleetphoenix.co.uk or call: 01252 812308 for more information. They also supply school uniform to families in need [Services | Fleet Phoenix](#)

Address: The Point Youth Centre, Harlington Way, Fleet, GU51 4BP.

[Youth Charity | Fleet Phoenix | Hampshire](#)

Food donations and household items can be made at any of the 3 Sainsbury's in Fleet (Fleet Road, Aldershot Road and Sandy Lane) where they have collection baskets.

Discounted and Free Food APPS



Too Good To Go

This app helps people that are in crisis - [Too Good To Go](#)

Download the App to find reduced priced food near you.

Links and apps for useful discounts, offers and reduced food options:

A whole host of companies take part, including Starbucks, Greggs, Toby Carvery and Costa to name a few. In some cases, they will tell you what you're buying and in others, you will receive a 'Magic Bag'. This can be whatever they have left over, but you won't know until you arrive. You just need to reserve your chosen food through the app and collect. But be warned, lots of other people are keen to do it too, so you need to be quick.

OLIO App

SHOPPERS can bag Tesco food for free using the Olio app, which aims to cut food waste.



Biscuits, bread and fresh produce that is approaching its expiry date will be picked up from stores by one of the app's 8,000 volunteers who will then distribute it in their local communities. [OLIO](#) is a free app which connects neighbours with each other and local shops so that surplus food can be shared.

The idea is that the volunteer and community groups arrange for the food to be collected. **Olio** is registered with the Food Standards Agency to ensure that all the food is still safe to eat when its collected. The groceries are completely free but of course there's no guarantee what will be on offer as it will all depend on what's leftover. This is because Tesco already runs its own surplus food donations programme, like the Community Food Connection scheme with Fare Share.

Central Tickets

Provide a free seat filling service that connects productions with new audiences – that includes underserved groups in a way that is socially responsible and climate positive.

[Central Tickets](#)

Download the app

Download our App on the App Store or Google Play to book tickets, update your account and manage your bookings easily and quickly.



Central Tickets

10% free wallet credit with first top-up (up to £10 - terms apply)


Did we mention

Membership is free!

Membership with Central is totally free. Seat-filling tickets range from £4 to £15 and you'll have access to special offers for West End shows via our ticketing partners.

Petrol Price Comparison

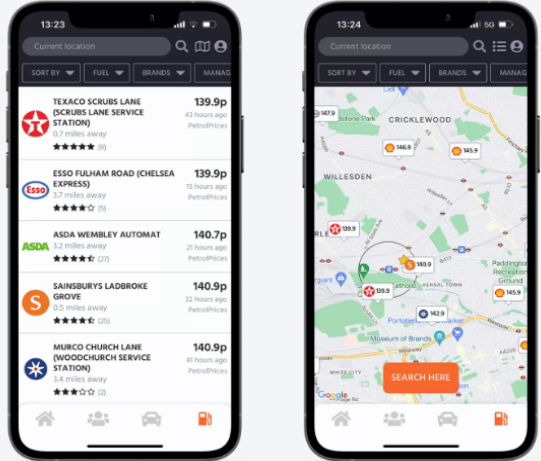
To compare Diesel and Petrol prices by location to you - www.petrolprices.com/



Save **money** on fuel today. Find **petrol** and **diesel** prices in your pocket.

Join over 2.75 million UK drivers and save money by comparing fuel prices across the UK with our **free** mobile app.

You could save £240 a year.



[See more app features](#)

Cheap Mortgage Finder

For help with how to find the best deal for you, you can try the Money Saving Expert. [Money Saving Expert - Mortgage Finder](#)

For current deals - [Money Saving Expert Best-buys Mortgages](#)

Help with rent

If Universal Credit or Housing Benefit doesn't cover all of your rent, you can make a claim for a discretionary housing payment (DHP). A DHP is a single payment from your local council to help pay your rent. Your local council will decide whether to give you DHP based on your circumstances – if you are struggling to pay you rent, visit [Citizens Advice](#) – search 'rent'

You might be able to get help with your rent from these benefits:

1. Income Support
2. income-based Jobseeker's Allowance (JSA)
3. income-related Employment Support Allowance (ESA)
4. Pension Credit

[Citizens Advice](#) – search 'housing benefit'

Young Families and Baby Banks

There aren't any specific baby banks in Hart. There are however various food banks, pantries and youth support groups that support parents with babies:

Hart Foodbank

<https://hereforhartdirectory.org.uk/services/view/214>

Can provide formula that has been donated (unfortunately, not all brands) so cannot necessarily meet all expectations exactly. They can provide nappies but most are donated by parents who have left over nappy packs and the majority are the smaller sizes as well as baby wipes too.

Fleet Phoenix (youth support based in Fleet)

<https://hereforhartdirectory.org.uk/services/view/210>

Store baby products including milk, food, nappies, wipes, nappy sacks, baby shampoo, creams, lotions, wash etc, but only hold a small amount of stock. They will endeavour to purchase specialist products for babies if needed i.e., the right type of milk if not in stock.

Needs and requirements do fluctuate:

Cold weather and health: Supporting vulnerable people

The UK Health Security Agency has published information and guidance to protect vulnerable people from the cold weather in England and offer health support.

This guidance offers advice for caring for people most at risk during cold weather. It is part of a wider collection of documents providing guidance on how to minimise the health effects of adverse weather and to build community resilience - [health impacts of cold weather in England](#)

Hampshire Libraries - Local Information

Local libraries offer safe, warm places where the heating is on, and people can go to get warm in the winter. [Fleet Library](#) and [Yateley Library](#) both offer a lovely space for various social groups and welcome those who need help and would like to meet new people.

Hampshire Libraries - offer a range of free or low-cost resources, events, activities and learning opportunities, and provides a safe and inclusive community space for everyone, with access to free WiFi and offer families support with - [Cost of living resources | Hampshire County Council \(hants.gov.uk\)](#)

Fleet Library are offering the following social groups:

1. **Community Connections** – Open to all seekers of sanctuary for a chat, helpful information sharing and signposting every Wednesday 10am – 12 noon.
2. **Games Morning** - every Friday from 10am – 12noon. Games supplied but feel free to bring you own.
3. **Singalong** – every Monday at 2.15pm – 3.15pm. Singing brings great health to both mind and body especially when you are singing golden oldies, musical classics, and modern favourites. This isn't a choir, and all abilities and vocal ranges are welcome.
4. **Craft and Chatter** –every Wednesday at 10am – 12noon. Bring your own project and join likeminded crafters to share ideas, advice, and friendship.
5. **Construction Club** – play with Lego bricks every Saturday 2pm – 4pm. We welcome donations to support children's activities at Fleet Library. Suggested donation £1.
6. **Mindful Yoga** – an introduction to Hatha Yoga and the principle of the different elements of yoga to give you the confidence to practice at home on Tuesdays at 11.15am – 12.15pm.
7. **Exercise Classes** - including Senior Fitness and Seated Dance on Tuesday 10th January at various times. Booking is essential and there is a cost for these.
8. **'Chat About'** – regular sessions on a Monday from 11am - midday for people to come to a warm space. Food and drink can be brought along.
9. **Hong Kong Connections** – every 3rd Saturday of the month from 11am – 1pm. It is a chance to meet others for a friendly chat. Drinks, snacks and games are also available.

Yateley Library are offering the following social groups:

1. **'Friendly Friday'** – this is a social drop in for everyone and a chance to meet others for a friendly chat, game or some colouring. Runs every Friday 1pm - 3pm.
 2. **Craft and Chatter** - every Monday 10am – 12noon.
 3. **'Chat About'** – regular sessions for people to come to a warm space. Food and drink can be brought along.
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Other Programmes and Grants

Starting on 1 April 2023, the brand new “Access for All Scheme” will afford visitors in receipt of Universal or Pension Credit or other eligible benefits, the opportunity to access all Royal Horticultural Society Gardens (RHS) for a reduced ticket price of just £1, and will run all year round.: [RHS offers low income households £1 entry to its gardens in new Access for All scheme / RHS Gardening](#)

RHS offers low income households £1 entry to its gardens in new Access for All scheme / RHS Gardening. The Royal Horticultural Society (RHS) is pleased to introduce a new scheme that will enable thousands of families and individuals from low income households, and who are less likely to have access.

RHS Garden entry is free for up to two carers with a disabled visitor, school children on school visits, under 5’s and community groups supported by the RHS Community Outreach programme.

The [Motability Driving Lessons Grant](#) gives funding to those who want to learn to drive.

WHO IS ELIGIBLE FOR THE SCHEME - [Motability Grant Programmes Driving Lessons](#)

1. In receipt of one of these disability allowances:

- Enhanced Rate of the Mobility Component of PIP
- Higher Rate Mobility Component of Disability Living Allowance
- Higher Rate Mobility Component of Child Disability Payment
- War Pensioners’ Mobility Supplement
- Armed Forces Independence Payment

2. Receive a government-assessed means-tested benefit including:

- Universal Credit
- Income Support
- Employment and Support Allowance (income-related)
- Jobseeker’s Allowance (income-based)
- Housing Benefit
- Council Tax Benefit (Council Tax Support, Council Tax Reduction)
- Pension Guarantee Credit
- Working Tax Credit
- Child Tax Credit

In addition, learners must have a current lease agreement on the Motability Scheme or a pending application for a vehicle with the scheme featuring a confirmed delivery date for the vehicle within the next four months. The [Motability website](#) says: “All grant applications are means-tested to ensure Motability supports those most in need of a charitable grant and help as many beneficiaries as possible with the charitable funds available. “This means we will look at your financial situation to determine if we are able to provide a grant towards your lessons.

Household Support Fund extended – reminder

From 1st April 2023, the Department for Work and Pensions (DWP) announced an additional £842 million available to help the most vulnerable households across England with essential food and energy costs through the Household Support Fund. Additional money will be given to councils to provide further help to most in need with essential food and energy costs until 31 March 2024.

Vulnerable households and families are encouraged to check their council website for details of support available – [Hart.gov.uk/Household Support Fund](https://www.hart.gov.uk/Household-Support-Fund)

Bus fare cap extended until end of October

As part of the Help for Households support, the government [announced that they are extending discounted bus travel](#). To help people with cost-of-living pressures and save on everyday travel costs, the government will continue to cap single bus fares at £2 outside London until the end of October 2023 and then at £2.50 until 30 November 2024 – when the government will review their effectiveness and future bus fares. The government has [published a list of bus companies and bus routes included in the £2 bus fare cap scheme](#).

The Warm Spaces Campaign

Warm and Welcome Partners including Libraries, charities and local groups.

Safe, warm and welcoming.

With over 7,000 community organisations registered most being churches, sports clubs, and schools etc. Majority came for the warmth and stayed for the welcome. This seasonal campaign runs from end of October to end of March.

Link to website - [Warm Welcome](#)

Please join the 2023 Warm Welcome Launch Event – it is an open invitation to join the Warm Welcome Campaign and be part of the movement to turn poverty and isolation into warmth and local connection this winter.

We are determined to equip and support thousands of free, warm, and welcoming spaces in communities across the UK. Working with churches and other faith groups, civil society organisations, and businesses.

Financial Help with Energy Bills

Local Advice & Support



Citizens Advice Energy Advice Programme



Citizens Advice Hart are providing advice and support for energy related issues. The aim of this programme is to offer additional targeted advice and support to ensure that clients are living in warm efficient homes on a tariff they can afford. They can assist access to support funds where eligible and are providing advice and support for [energy related issues](#). To book a referral please complete the [contact form](#) making sure you mention energy advice or please get in touch with Citizens Advice: Tel: 01252 878435

Adviceline: 0808 278 7864. Consumer: 0808 223 1133. Visit [Citizens Advice Hart](#) or email help@citizensadvicehart.org.uk

Citizens Advice Hart Online Information

There are answers to lots of questions about your energy supply here: [Energy supply Advice](#). There is advice about topics such as what to do if you are struggling to pay your energy bills or what you can do if you've been told your energy supply will be disconnected. You may not realise that you can get help towards the cost of heating and lighting your home especially if you are on a low income or claiming benefits. You may have approached us for a different issue altogether such as benefits & tax credits, financial services or housing for example.

Step Change – Debt Charity

Provide free, confidential, and expert debt advice and money guidance. They recommend the best solution or service for the individual's circumstances and support them while they deal with their money worries for as long as they need help. [StepChange - Free Expert Debt Advice](#)

Christians Against Poverty (CAP) is a Christian charitable company specialising in debt counselling for people in financial difficulty. Tel: 0800 328 0006 - [CAP UK](#)

Fleet Lions Fuel and Utilities Project: Fleet Lions are supporting families experiencing fuel poverty <https://www.fleetlions.org.uk/index.html>

Please email fuel@fleetlions.org.uk if you are in debt to your energy suppliers or water utility.

Minor Works Grants: if you are eligible, you may be able to apply for a minor works grant for repairs or improvements to your home, including energy efficiency works. For more information click here: [Minor Works Grants \(hart.gov.uk\)](#).

You can email **Hart District Council** Private Housing Sector Team on housing@hart.gov.uk or phone 01252 774420.

Wellbeing - Local Information

Richmond Fellowship - [Richmond Fellowship](#)

To help direct you to the right support and services in your area and help make recovery reality for individuals living with mental ill health. Tel: 0207 697 3300

iTalk - [iTalk](#)

Hampshire's NHS talking therapy service, treating common mental health conditions like anxiety and depression. Tel: 0238 038 3920

TalkPlus – [TalkPlus](#)

Hampshire's NHS Mental Health Service gives you the tools to cope with the stresses of day to day life! Tel: 01252 533355

Andover Mind Wellbeing Centre – [Andover Mind](#)

Offering help and support to people with mental health problems.
Tel: 01252 317481/01264 332297

Financial Help - Information and Support

You may be eligible for various benefits and payment reductions.

For help on what is available, please contact Citizens Advice Hart on the following:

PIP (Personal Independent Payment) – Tel: 0800 121 4433/4600

PIP can be claimed by someone who has a long-term physical or mental health condition or disability.

Help with Housing Costs – Tel: 01252 622122

You may qualify for help with your housing costs, including Council Tax, support for mortgage interest or housing benefit, if you are on a low income or receiving certain benefits.

Universal Credit - Tel: 0800 328 5644

You may be able to claim Universal Credit if you are on a low income or need help with your living costs and under state pension age.

Pension Credit – Tel: 0800 99 1234

Pension Credit may be available to you if you claim state pension that isn't enough for you to live on.

Tax Credits - Tel: 0345 300 3900

You may be able to claim if you are on a low income and work at least 16 hours a week.

Cost of Living Crisis - Local Help & Support

SUPPORT FOR HART COMMUNITIES

1. Support with Gas, Electric & Water Bills

Household Support Fund Energy Grant, you may be eligible for support. Citizens Advice Hart are taking applications for grants which goes straight to the energy bill or meter. This grant is for the most in need and you must be in fuel poverty. Please contact: [Citizens Advice Hart](#)

2. Community Grants

Helping community and voluntary organisations provide local support

Community organisations, who know their communities best and are in the ideal position to provide support, [can apply for Community grants](#) to support initiatives that help people in need with food and fuel.

The Household Support Fund is to provide support to vulnerable households in most need to help with significant rising living costs and is intended to cover a wide range of vulnerable households including families with children of all ages, pensioners, unpaid carers, care leavers and disabled people. £44,910 of this fund has been allocated to Hart to deliver local projects or activities that support our local community with food and fuel poverty, particularly in rural areas.

Email us: connect4communities@hants.gov.uk

3. Evouchers (part of Wonde)

Evouchers was created as a simple solution for schools and local authorities in the UK and supports vulnerable families at the time when they need it the most.

Distribution and enquiries - Help Centre: [help evouchers](#)

4. Support with Housing Costs

There is also help available from the Exceptional Housing Costs Fund, where support cannot be met by existing schemes. Please contact Hart District Council: housing@hart.gov.uk

Anyone facing a genuine emergency and struggling to meet their housing costs can apply to Hart District Council's Emergency Housing Costs Fund. The funding is for exceptional cases and where existing schemes do not meet this need. It is not a cash award and will be paid directly to supplies or in the form of vouchers.

For more information, please contact 01252 774420 or email: hardship@hart.gov.uk

5. Holiday Activities Food Programme (HAF): support for children and families

The Holiday Activities and Food programme (HAF) provides healthy food and activities to children and young people, with free places available for those who receive free school meals. HAF is funded by the government and run by councils which help deliver the holiday clubs. The programme is available during school holidays. The free holiday club programme helps children to enjoy active and healthy school holidays, where they can experience new activities, meet friends and eat healthy meals. The Department for Education is promoting the scheme to pupil's parents and carers and in the clubs in their area. [Education Hub - holiday activities and food programme](#)

The Department for Education (DfE) is providing funding to local authorities to coordinate a programme that provides healthy food and enriching activities to disadvantaged children during school holidays. Hampshire County Council and the Isle of Wight Council are delivering this through the [connect4communities programme](#). The HAF scheme is in place for 2022 – 2025. [Government holiday activities and food programme](#)

6. Action Hampshire

Action Hampshire plays a critical role in supporting Hampshire's communities. They provide advice and guidance for voluntary, community and social enterprise organisations and local councils - [Action Hampshire get support with the cost of living crisis](#)
Their website offers a wealth of information and services across our local districts.

7. Hitting the Cold Spots: Helping you stay warm

Hampshire County Council offer Hitting the Cold Spots: Fuel/Energy advice which is a service commissioned for Hampshire residents and is delivered by The Environment Centre (tec) and focuses on keeping your home warm and your family healthy which is expensive and sometimes difficult. Hitting the Cold Spots Advisors can help you with keeping warm at home and reducing your energy bills.

- Access to funding for home energy upgrades such as heating improvements and insulation
- Small energy-saving measures such as low energy light bulbs and draught-proofing
- Temporary heating
- Advice on energy use in the home, including using Smart Meters
- Advice on tackling damp, condensation, and mould

They can refer or signpost clients to other services including:

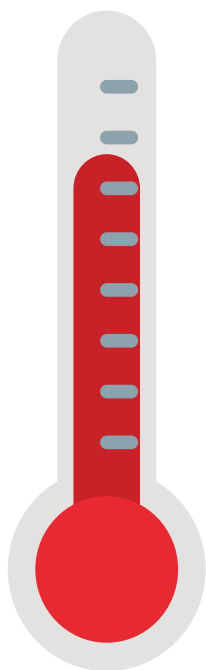
- Benefits, budgeting, and debt support
- Home safety and improvements, e.g. Hampshire Fire and Rescue Service, the Blue Lamp Trust and disabled facilities grants
- Charitable organisations
- Food banks
- Utility vouchers

Further details can be found on the Here for Hart Directory of Services:

[Hitting The Cold Spots: Fuel/Energy Advice](#)

Telephone 0800 804 8601, 9am - 5pm, Monday to Friday or 023 8033 6172

Cold homes and health



18°C - 21°C = **Comfortable**

15°C - 18°C = Some discomfort but no serious health risks

12°C - 15°C = Discomfort / risk of respiratory disease, bronchitis etc

9°C - 12°C = Risk of heart problems and strokes, etc.

Below 9°C = **Risk of hypothermia**

Quick Tips to Save Energy in your Home

1. **Press** - switch off electrical appliances rather than leaving them on standby.
 2. **Pull** - pull out chargers while not in use.
 3. **Insulate** – draft proof your home as heat is lost through draughts around doors, windows, floors and chimneys. [A helpful guide to draught-proofing - Energy Saving Trust](#)
 4. **Turn off lights** – especially when you're not in a room. Using LED bulbs or energy efficient ones could save you even more.
 5. **Save on Laundry** - washing at 30-degrees, using an 'eco-cycle' and filling your machine.
 6. **Avoid tumble drying** - dry clothes outside or on a heated clothes rack.
 7. **Shorter showers** - having 4-minute showers could save a typical household £65 a year on energy bills. Swapping baths for showers and install a water efficient showerhead – [savewatersavemoney.co.uk](#)
 8. **Reduce** - thermostat temperature by 1 degree.
 9. [Moneysavingboilerchallenge.com](#) – set the flow temperature to 60degrees.
 10. **Don't over fill your kettle** – only boil what you need.
 11. **Match** – use the right sized hob for your pan when cooking.
 12. **Reduce water use** – fix aerators to taps will reduce the amount of water coming out by adding air. Turn taps off when brushing your teeth and fix dripping taps.
 13. **Fill your dishwasher** – half-empty dishwashers will use more water and electricity.
 14. **Alternative cooking methods** – instead of cooking your food in a traditional oven, try cheaper alternative methods such as slow cookers, air fryers and microwaves.
 15. **Using an oven** – if you need to cook using your oven, ensure it is used to full capacity and when finished, leave the door open for the airflow to heat your home.
 16. **Increase insulation** – make sure your hot water cylinder is insulated.
 17. **Loft insulation** - Check your insulation is topped up in your roof.
 18. **Fridge/freezers** – make sure they are set to the right temperature.
 19. **Radiators** – make sure you bleed them regularly and only turn them on in rooms used.
 20. **TV** – select a low energy setting to reduce cost of running.
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Quick Tips for a Warmer Home

1. Draw your curtains and close your blinds to minimise heat loss through windows and keep the heat in more effectively.
 2. Tuck long curtains behind radiators so that heat is not trapped.
 3. Keep radiators and heaters clear so heat can circulate – do not put furniture in front of them or dry washing on them.
 4. If there are rooms in your house you do not use, turn off radiators in them and close the doors. Keep your home at a stable, comfortable temperature.
 5. Use your heating controls, such as thermostats and timers, to heat your home without wasting energy.
 6. Put on extra layers when it's cold indoors.
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Thank you to everyone who contributed information for this issue of the Here for Hart Bulletin. If you have found this bulletin useful or if you have a suggestion to make it better or an idea for content for the next issue, we would love to hear from you. Please email us at hereforhart@hart.gov.uk.

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