

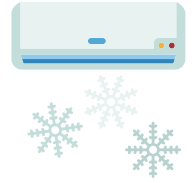
# SUMMER TOP TIPS

To help you save energy and money

Avoid being in the sun between 11am-3pm, when it is strongest.



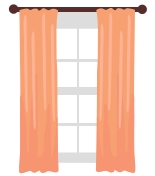
If you're too hot in your home, visit a public place such as Library/community centre or shopping centre which uses air conditioning.



Stay hydrated. Keep plenty of water to hand.



Keep windows and curtains closed during the hottest part of the day and open during cooler periods.



Keep to the shade, wear a hat and suncream.



Avoid leaving the fridge door open, it will take up to 3 times longer to cool it to the original temperature.



Keep a freezer fully stocked - even with bread or bottles of water, a full freezer is more efficient.



Turn off appliances, when not in use, to avoid generating unnecessary heat. This could save between £50 and £80 each year.



If you would like FREE energy advice call our energy team on 0800 145 6879

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