



Green Camden helpline



Keeping your home warm can be hard – especially if you are worried about high energy bills



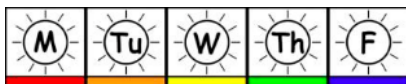
Green Camden offers **free** advice and support to help you keep well and warm in your home



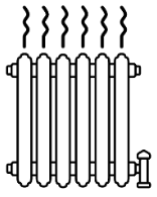
You can call our helpline for free on
0800 801 738



Or email us at
greencamden@camden.gov.uk



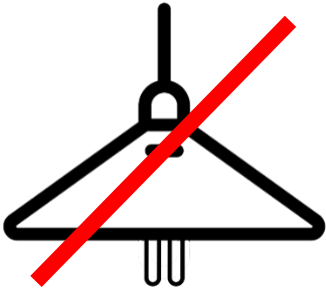
We are open from **9 to 5**
Monday to Friday



Top tips on how to reduce your energy bills and keep well and warm in your home



- use energy saving light bulbs



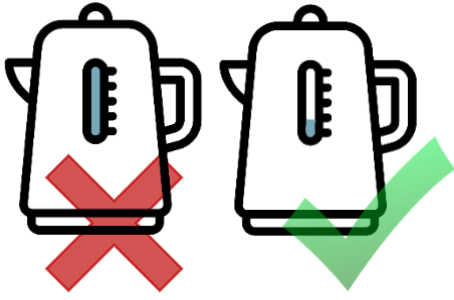
- turn off lights when you are not in the room



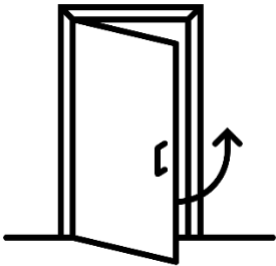
- don't leave electrical items on standby – switch off and unplug when not in use



- wash your clothes at **30c** - limit the number of washes per week and wait until you have a full load



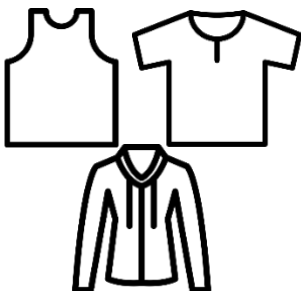
- don't put too much water in your kettle – only put in the amount of water you need



- keep inside doors closed to keep out draughts



- have a shower instead of a bath – showers use a lot less hot water



- wear several thin layers of clothing – this will keep you warmer than **1** thick layer