

Energy saving pullout:

As we enter the colder months, we all become conscious of ways we can save money on our energy bills, whilst also ensuring we keep our homes warm. See below some related tips and information on energy saving and home burning that might be useful.

Green Doctor

Green Doctor provide a funded service to offer independent energy advice to residents and also help them with installing simple energy saving measures like installing LED lightbulbs, draft excluders etc for FREE. They can also offer support with switching energy suppliers, understanding bills and signpost to further support. Residents can self refer themselves at www.groundwork.org.uk/cadent-foundation-green-doctor/ email Greendoctoreast@groundwork.org.uk or call 07736134119.

Energy Saving tips

See the [Council's website](#) for simple tips to save energy including ensuring radiators aren't blocked by furniture, stopping draughts and cooking efficiently.

For the opportunity to receive energy advice and get access to cheaper simple energy efficiency measures for your home, visit [Community Energy Colchester's website](#).

For more information on energy efficiency grant funding that you may be eligible for and could help improve your home long term to reduce energy costs, please see the [Council's Energy Grants website](#).

Emergency heaters

If your boiler or heating system does break down we can provide support to supply loans of emergency heaters for a short time period. See this [website](#) for further information.

It may also be possible for you to get a boiler replacement if your boiler has broken – Contact the 'Better Housing, Better Health' helpline provided on the Council's [energy grants website](#) to enquire about this support.

Condensation and mould

A big problem when it's colder is that condensation and mould can build up. This tends to occur as people open windows less when it's colder and may dry clothes indoors which produces more condensation. Cooler air holds less moisture than warmer air too. Some tips to reduce build up of condensation and mould are to:

- Cover pans when cooking
- Open windows for short times to allow some ventilation, particularly in the morning. Or open ventilation strips/trickle vents on windows if you have them
- Use extractor fans in bathrooms/kitchens if you have them
- Keep doors closed when you cook/shower to prevent moisture spreading through home and open windows after showering in bathrooms

- Dry any windowsills with a cloth to remove moisture.

Find more information on the [CCC](#) and [CBH](#) websites.

Home Burning tips

Some of us have wood burners/open fires that are effective at providing targeted warmth in some rooms of our homes. However, the burning of wood and coal can produce harmful pollutants called particulate matter that impact indoor and outdoor air quality, impacting human health.

Some tips to 'burn better' include:

- Ensuring wood is properly seasoned and dry before burning. Store logs in a dry area for at least 2 years before burning if use your own supplies. Tips to ensure it's ready to burn and dried out can be found [here](#).
- Don't burn coal – coal smoke is considered a carcinogen (I.e. a substance causing cancer). There are some types such as anthracite which are smokeless coals and are thus better.
- When buying smaller quantities of fuel look for the 'Ready to burn' logo and speak to your supplier about how to burn the wood/fuels effectively.
- Ensure your chimney is swept at least once a year to reduce build up of soot in your chimney and improve efficiency of the stove and reduce chimney fire risk.

See more information on the Council's [website](#) developed as part of the 'Home Burning' campaign.