

'LOOK AFTER THE PENNIES AND THE POUNDS WILL TAKE CARE OF THEMSELVES'



OCTOBER 2022

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- 5 energy saving tips
- Winter warmer recipe
- Local deals to winter proof your home
- Stop top cooking tips to save energy and money

'Why don't you'

During lockdown, we provided 'Why don't you' newsletters to provide activities to prevent boredom. Now it is time for us to work together to beat the effects of inflation.

If you have any tried and tested tips that we could share with other families, please email them to me at:

swaterson@redbridgeschool.co.uk and I will put them into future newsletters.

Some proven energy saving tips, and most of them are free!

TURN DOWN THE HEAT BY ONE DEGREE

According to the Energy Saving Trust, if you turn down the heat on your thermostat by one degree you can save 10% on your annual.

OPEN AND CLOSE YOUR CURTAINS

Opening your curtains is an important way of efficiently heating your house.

If you have south facing windows they are sure to let more light – and therefore heat – in, and shutting them at night will help to stop that heat from escaping as quickly.

CLOSING INTERNAL DOORS

Closing your internal doors will keep the heat in as well as preventing the cold air from circulating through unoccupied rooms.

FOIL UP THOSE RADIATORS

This is an effective way of keeping the heat in – a sheet of foil between your radiator and your wall will reflect heat back into the room instead of it going out through the walls and being lost altogether. You can use tinfoil with a bit of cardboard or buy specialist radiator foil.

INCREASE THE LAYERS

Putting on a jumper (or even two), snuggling under a blanket and doubling up the thermal wear is an



FOR SUPPORT VISIT: <https://environmentcentre.com/southampton-healthy-homes/>

We work in partnership with Southampton City Council to deliver the Southampton Healthy Homes affordable warmth programme.



How we can help

We can support and advise Southampton residents over the phone, at an appointment or at a home visit with:*

- Helping to reduce their energy bills in the short and longer term
- Changing energy tariffs for a better deal
- Contacting their energy supplier or other organisations for support if they are at risk of going off-supply
- Applying for energy and water bill discounts
- Accessing funding for home energy upgrades, such as heating improvements, insulation and draught proofing
- Tackling the causes of condensation and mould
- Referrals/signposting to other services e.g. benefits checks, budgeting and debt advice, healthy living and independent services

*Subject to availability, some conditions may apply.

Here's what clients are saying:

"We wouldn't have been able to switch supplier without you, as we do not have a computer, and it would've been difficult to compare prices and access information."

**Southampton
Healthy Homes**

"The installation of loft and cavity wall insulation was crucial for me as keeping warm is a key part of the pain management of my health conditions."

**Southampton
Healthy Homes**

"I have not needed to put so much money on my electric meter since you came around. I think your advice about how to make the best from economy 7 has probably been the biggest saver for me."

**Southampton
Healthy Homes**

Did you know that:

The oven is one of the most expensive appliances to run in the kitchen.

Stove top recipes are much cheaper and will help you to reduce the bills.

Stove Top Tips

1. Heat up the contents of your pan quickly and then reduce the heat and put on the lid. The food will cook as well with the lid on.
2. Prepare all of your ingredients in advance. Then you won't be wasting energy by cooking longer than you have to.
3. If you have a freezer and can do it, double up your quantities and put half of what you have made into the freezer for a meal for another day. Remember not to re-freeze food that has already been frozen.
4. Make sure that the pan that you use is not too large or small for the electric or gas ring that you are using.

Easy Sausage and Butter Bean Stew Recipe



| | |
|---|------------|
|  Prep Time | 5 minutes |
|  Cook Time | 40 minutes |
|  Total Time | 45 minutes |
|  Servings | 4 people |
|  Cost | £ |

Ingredients

- 1 tbsp sunflower oil
- 12 chipolatas (or any nice sausages you can find)
- 2 onions, sliced
- 1 leek, chopped) optional
- 1 tsp chilli flakes optional
- 8 garlic cloves, sliced or minced
- 1 rosemary sprig
- 600 ml chicken stock
- 2 x 400g tinned butter beans, drained
- 75 g butter, cubed
- handful of parsley, chopped
- 2 lemons, zested

Instructions

1. In a large pan, heat the oil and fry the sausages until brown, then remove and set aside.

Add the onion to the pan and fry for 5-10 mins until golden and soft, then add the chopped leek (optional), chilli flakes (optional), garlic and rosemary, and cook for 2 mins more.

Pour over the stock and bring to a boil.
2. Now, reduce the heat and simmer for 20 mins, then add the sausages back to the pan along with the butter beans.

Simmer for 8 mins, then stir in the butter, parsley and lemon zest.
3. Best served in bowls.