

Argyll, Lomond and the Islands Energy Agency (ALIenergy) is your local sustainable energy charity covering Argyll and Bute.

Visit our website for information about other projects ALIenergy are delivering in your area

www.alienergy.org.uk

To contact the Affordable Warmth Team

Call/Text: 07860 774 929

Email: rachel@alienergy.org.uk

You can also contact us through Facebook and Twitter.

This project is funded by the Energy Industry Voluntary Redress Scheme www.energyredress.org.uk.

*ALIenergy is a company limited by guarantee with charitable status, Scottish Charity
Registration: SC032495*

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Affordable Warmth and Energy Efficiency Support

Free, confidential and impartial home energy advice and support for people living in Argyll and Bute

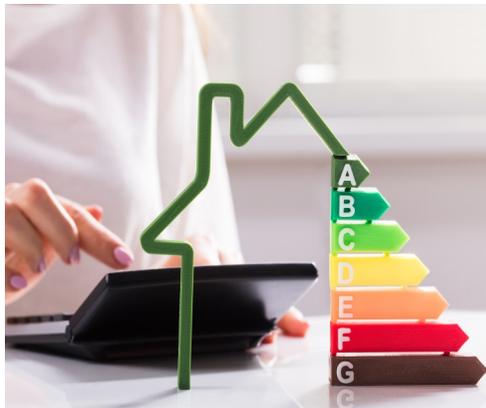


Alienergy's Affordable Warmth Advisors can help anyone living in Argyll and Bute looking for help and support with all matters relating to home energy and keeping warm at home.

Our Affordable Warmth service normally involves visiting you at home so we can see your property, heating and controls and allows us to discuss with you, face to face, about any issues you're having and advise on action to take. Our team are currently homeworking and providing our service over the phone, email, post and video calls, which is taking longer than a house visit but we're mindful to go at a pace suitable for you and not overwhelm you on the first call.

Our support is FREE, confidential and impartial. Some people benefit from one phone call and others have benefitted from ongoing support to work through issues and improvements over a longer period of time.

What kind of matters can we support you with?



- Using your heating system correctly and efficiently.
- Discussing ways you can improve your energy efficiency at home with simple adjustments to the way you use energy.
- Helping you to understand your meter and tariff to get the most out of what you're paying for your energy.

- Explore eligibility and refer to Scottish Government schemes funding heating and insulation measures, delivered by organisations such as Home Energy Scotland.
- Accessing financial help such as the Warm Homes Discount, discretionary credit for those in crisis, free white goods and funds to help alleviate energy debt.
- Liaising with your energy provider for any issues you have.
- Signposting to other avenues of support such as welfare rights, foodbank services, fire safety etc.

Alienergy Cosy Kits

We have a limited number of Cosy Kits available for individuals who may require a little more practical support to help stay warm, particularly over the colder winter months. Individuals may benefit from one or two items, or a full kit, depending on their circumstances.

These Cosy Kits are FREE for householders and can be requested directly by an individual or via an external contact, such as a support worker or foodbank, for example. The kits are limited and demand is expected to be high, so please contact us quickly if you think you would benefit from one or more items.

If you have received a toolkit from another service, please get in touch to see if there is anything else we can help you with.

Blanket

"My flat is really cold in the winter but these items helped keep the warmth in."

Cold Alarm

"Thanks for the pack – I wouldn't have been able to afford these items as I am on benefits."

Thermal Socks

Night Light Torch

"I've used all the items in the pack – the hot water bottle is my favourite!"

Hot Water Bottle

Power Cut Information

"Lots of essentials I wouldn't have thought to buy."

To request your Cosy Kit: Call/Text: 07860 774 929

Email: rachel@alienergy.org.uk

Making the Most of your Food

This section provides some tips to help make the most of your food and gives some simple recipes which can be made from the ingredients often found in a food parcel or at the back of the cupboard. Where income is limited, we often meet individuals who have to make the difficult decision between heating or eating, which no person should have to do in a modern day society. We understand it can be difficult to know how to make the most of the food you have or the fear of trying new things. We've put together a few simple recipes to help you in the kitchen.

- Plan out your meals and write a list.
- Shop when supermarkets discount their fresh items – usually the best time for this is at the very start or end of the day but you can ask a member of staff what time they reduced their products.
- Don't waste food, make use of all of your leftovers -why not freeze them for another day.
- Use budget stretching ingredients such as lentils, rice and potatoes to bulk out soups and stews.
- Freeze leftover bread – bread is the most wasted household food in the UK. Why not freeze leftover bread so you can keep it longer than its expiry date and have slices ready to take out and pop in the toaster.
- Beware of offers – be careful when considering the many offers that shops display. Buy one get one free is not cheaper if you were not planning on buying the item in the first place.



Risotto

- A tin of peas or any small chopped veg you might have
- Rice
- A tin of soup e.g. vegetable or tomato

Start off by boiling enough rice for those who are eating – a general rule is for every one small cup of rice per person, add 2 cups of water. Cook until the rice softens but is not completely cooked through. Take off the heat and strain the water. Set to one side. Heat up a teaspoon of oil in a pan if you have some, add in the rice, strained peas and tin of soup. Cook until the rice has cooked through and absorbed the sauce, season with salt and pepper before serving.

Fishcakes

- 1 mug of leftover mash potato or instant potato
- 1 tin of tuna or salmon
- Any vegetables you might e.g. tin of peas or sweetcorn

In a bowl combine the mash potato, tuna/salmon and vegetables. Ensure you strain the vegetables well first. Season with salt and pepper. Split the mixture into 4 equal portions and lightly press into round flat cakes. Lightly fry in a little oil or butter until golden brown on both sides.

Peach Pudding

- 1 tin of peaches
- Digestive biscuits
- 1 tin of custard or powered custard with milk
- Grated chocolate (optional extra)

Use one dish or small individual bowls. Crush up the biscuits and spoon into the bowls as a base. Create a next layer on top with peach segments and finally pour over the custard. As an optional extra for both taste and decoration you could grate some chocolate over the top. Allow to set in the fridge before serving.

Energy Saving Top Tips
To help you use your home energy more efficiently

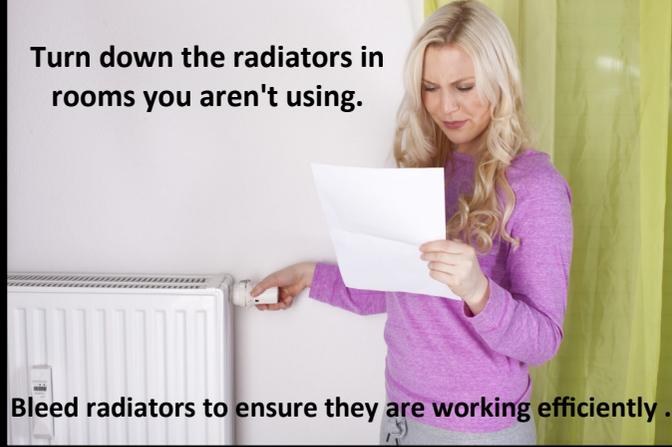


Ventilation is key to avoiding damp and condensation
Make sure you regularly open windows and use extractor fans when cooking, showering etc.

Keep lids on pans when cooking to reduce energy needed and steam which can cause damp and condensation.

Make sure your input and output controls are set correctly on electric storage heating to make the most of the charge.

Turn off your PlayStation/Xbox overnight and when you're not using it - its far safer and saves energy too!



Turn down the radiators in rooms you aren't using.
Bleed radiators to ensure they are working efficiently.

Reduce your washing cycle temperate to 30 degrees.



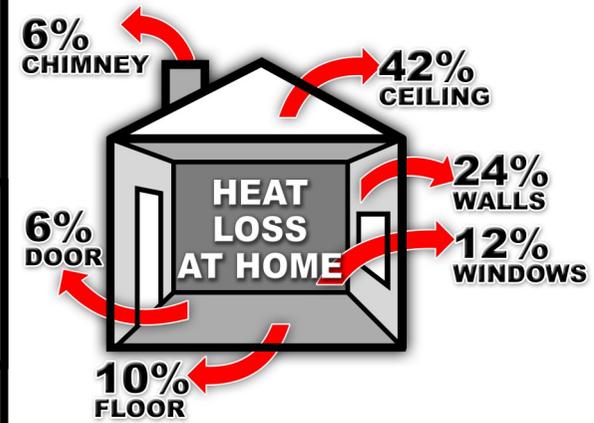
Provide meter readings to your supplier so you are billed accurately. Estimates could leave you overcharged or undercharged with a big bill to come.

Fill the kettle with only as much water as you need.



Don't dry clothes on radiators - it forces your boiler to work harder and the moisture from the wet clothes can cause damp and condensation. If you don't have an outdoor space to dry clothes, use an indoor drying rack or laundry pulley.

Don't charge your mobile overnight - it only needs a couple of hours to get to 100% and it's a fire risk.



Check your immersion heater for hot water so it is not on constantly.

Don't do half loads!
Make sure you fill appliances like dishwashers and washing machines fully so you don't waste money.

Thick lined curtains around old doors and windows will help keep the warmth in and cold out.