

SCARF is a company limited by guarantee (No 94819) and a registered charity (No: SCO 006901)

Fact Sheet

Ref: 101 KEEP WARM IN WINTER

Hypothermia is a serious condition that anyone can suffer from if the weather is very cold. When the outside temperature drops its important to keep warm.

Poor heating and insulation in the home can be contributory factors. Contact SCARF to check if your home needs improved heating or insulation.

Eat regular, nutritious meals, have plenty hot drinks and do some regular exercise to protect against hypothermia

Room Temperature Guide

80 75	TOO HOT- Turn the heating down
70 65	CORRECT - Do not adjust your heating
60	COOL - Turn heating up
55 50	TOO COLD - Danger of Hypothermia -Turn the heating up

Contact the SCARF Duty Energy Advisor for an easy to read thermometer card.

HANDY HINTS TO SAVE ENERGY

- Boil** only the amount of water you need in the kettle - using the correct amount saves around £5 a year.
- Hang** washing out to dry when you can - if you avoid using a tumble drier in the summer you'll save around £35 a year
- Turn** the room thermostat down by 1° and you could save 10% on your fuel bill (average 3 bed semi-detached house) saving around £29 a year
- Fit** low energy light bulbs where possible - 4 low energy light bulbs on for 5 hours a day saves around £23 a year
- Turn** off the taps properly and save around £5 a year. A dripping hot tap will fill a bath in one day.
- Insulate** your hot water cylinder. This costs around £15 and will more than pay for itself in a year.
- Close** the curtains at dusk and save around £15 a year

TOTAL SAVING

Average Annual Savings

£5
£35
£29
£23
£5
£15
£15
£137

Mission Statement

SCARF aims to work through partnership to promote sustainable use of energy, eradicate fuel poverty and create sustainable employment and training opportunities.

Core Objectives

- + To provide free impartial and accessible energy efficiency advice and information services to help save energy, save cash and help save the environment.
- + To encourage investment in energy efficiency and renewable energy measures and grant take up for property improvements to achieve affordable warmth.
- + To create sustainable employment and training opportunities.

SCARF Provides

One Stop Energy Advice Shop offers free impartial advice and information:

- + Energy efficiency in the home, business and the community
- + Renewable energy in the home, business and the community
- + Grants for loft and cavity wall insulation
- + Grants for draughtproofing
- + Grants for central heating
- + Grants for renewable energy installations
- + Paying for fuel and fuel suppliers
- + Choice and operation of heating and hot water systems

SCARF also offers:

- + Home visits
- + Home energy checks
- + Presentations and informal training
- + NVQ and City & Guilds Qualifications

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