

Big Energy Saving Week – small changes can make a big difference

Hillingdon Citizens Advice will be helping people reduce their energy bills and save money as part of Big Energy Saving Week 2020 (from 20-26 January 2020).

This week see the launch of an expert-approved list of '[20 ways to save](#)' and these include four changes, for example, which together could potentially save households £100 per year and help cut carbon emissions:

- Turning your thermostat down by one degree
- Changing your all your lightbulbs to LEDs
- Turning appliances off rather than keeping them on standby
- Only using the right amount of water in your kettle

To promote this we will be running **five sessions** to help people take control of their energy usage, reduce household bills and make sure they're getting the best deal.

Location	Date and Time
St Margaret's Parish Church Windsor Street, Uxbridge. UB8 1AB	Monday 20 th January: 11am - 1pm Friday 24 th January: 11am - 1pm
Hillingdon Foodbank 30 Oxford Road, Uxbridge. UB9 4DQ	Tuesday 21 st January: 11am - 1pm Wednesday 22 nd January: 11am - 1pm Thursday 23 rd January: 11am - 1pm

Michelle, Energy Champion at Hillingdon Citizens Advice said:

"Big Energy Saving Week aims to put money in your pocket and help the planet.

We have lots of information and advice on how to save energy and cut household bills. This could range from everyday actions, such as reducing how much water you put in the kettle, to bigger projects like insulating your home. We will also be able to help with your all your queries about saving energy and money, including switching to a cheaper energy tariff, or accessing extra grants and benefits."

As Big Energy Saving Week 2020 kicks off, new research has revealed a significant gap in consumers' understanding about managing household energy use and the simple steps that could be taken to reduce their carbon footprint.

The survey, conducted by Citizens Advice and the Energy Saving Trust, shows that 36% of British households have not made changes to their energy usage at home in recent years. That's 9.7 million households that experts say need more help and encouragement with ways to save money and reduce their household emissions.

About Big Energy Saving Week

Big Energy Saving Week 2020 is brought to you by Energy Saving Trust, Citizens Advice and the Department for Business, Energy and Industrial Strategy (BEIS). They are giving people ways to save energy and money by listing easy everyday actions the public can take to mark the week, which runs from 20-26th January.

The expert-endorsed '**20 ways to save**' list is published here to inspire positive changes throughout the week.

To support people make those changes Citizens Advice, Energy Saving Trust and the Department for Business, Energy and Industrial Strategy (BEIS) are launching an expert-approved list of '[20 ways to save](#)' this Big Energy Saving Week 2020.

The organisations are urging people to take a look and see how small changes can make a big difference, saving energy, money and the environment through everyday actions inspired by their local Big Energy Saving Week events.