



Cost of Living

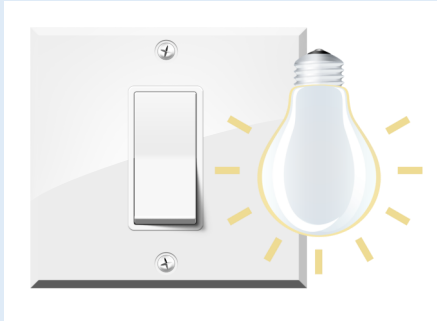
Tips to save money



Easy Read



How to save money on gas and electric bills



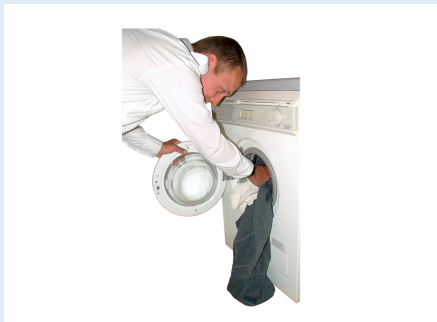
Turn off lights if you're not using them.

Also, swap your lightbulbs to the 'energy saving' type.



Unplug electric appliances like TV's and Computers if you're not using them.

Do the same with charging cables that you're not using.



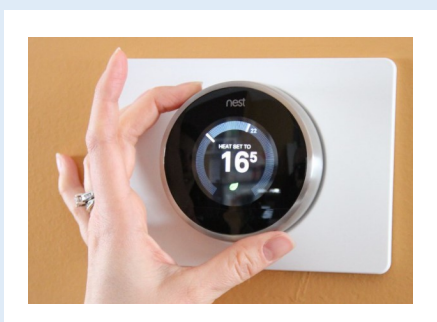
Save energy and money by washing clothes at lower temperatures such as 30°C.

Do one less clothes wash a week.



Tumble dryers use a lot of energy and cost a lot of money to run.

If the weather is dry hang-out your washing instead.



Turn your heating down. Turning it down by just 1°C can help save as much as £80 a year on bills.



How to save money on food bills



Buy in bulk. Foods that do not go-off are often cheaper if you buy them in large quantities. Look out for supermarket deals.



Check out the reduced-price section in the supermarket for reduced 'yellow-sticker' items. Also, buy supermarket brands as they are often cheaper.



Switch to a cheaper supermarket. Shop around and see who's the cheapest. Sign-up to a loyalty scheme. You'll get the best deals with a supermarket card.



Plan your weekly shop online.

If you know what meals you're buying for it will likely mean you don't over-spend on items you don't need.



If you don't have enough money for food, you might be able to get help from a food bank. The largest UK foodbank company is called Trussell Trust. Ask your support worker if you'd like to find out more.



How to save money on travel and fuel



Find the cheapest petrol and diesel prices in your area and use the loyalty scheme they have.

Here's a useful website [PetrolPrices.com](https://www.petrolprices.com)



Keep your car serviced and tyres inflated so it runs well.



The lighter your car is, the less fuel it will use.

Keep your boot as empty as you can and don't fill your fuel tank to the top if you don't need to.



Where possible share travel to share the costs.



Get a suitable travel pass if you're travelling by bus or train. This will mean you pay less for travel.



Extra tips on how to save money



Cut back on takeaway coffees and food.

Having one less take-away coffee a week can save up to £150 a year!



Budget and plan. This means you control what you spend and save more money.

Make sure you stick to your plans! You can also ask you're support worker for help.



Make sure you're getting all the help and benefits you're entitled to.

Speak to your local council about what's on offer or contact Citizens Advice.



Make a packed-lunch instead of buying food whilst you're out. They're often cheaper and healthier!



Compare prices before you buy something big like a mobile phone, furniture or a holiday.

There are lots of websites that help you with this. Here's two: [comparethemarket](https://www.comparethemarket.com) and [gocompare](https://www.gocompare.com)



Extra tips on how to save money



Buy a hot water bottle if it's really cold.

They last a long time and can be really cosy along side an extra jumper or two.



Have shorter showers.

This means you use less hot water and that means you'll pay less.



Install a smart meter.

Ask your energy company to install one so you can keep track of the energy you use and the money you spend.



Save money each week or month if you're planning to buy something big like a holiday or TV.