

KEY CONTACTS

HESS Helpline 1800 007 001

Financial Counselling Helpline 1800 007 007

Lifeline 13 11 14

Problem Gambling Helpline 1800 858 858

FaHCSIA www.fahcsia.gov.au

Living Greener www.livinggreener.gov.au

Local provider - No Interest Loan Scheme

Energy and Water Ombudsman

Who can I talk to about my energy company's hardship scheme?

This booklet was provided by:

How can I contact you?

Other relevant contacts:



HANDY HINTS TO HELP ME SAVE

Name:

What's in this booklet?

Inside this booklet you will find handy hints that can help you save money and energy around your home and an Action Plan to help you set your own personal goals.

Handy Hints

The Handy Hints section will remind you of the ways you can save around the home – some you may be able to do, and others you may not be able to do, but every single one of them can help you save money and energy. Even if you only choose one or two, it all adds up!

Setting goals

This booklet will help you to set your own personal goals for saving both now and in the future. Setting goals is the important first step to achieving them. Be sure that you set SMART goals – they should be Specific, Measurable, Achievable, Realistic and Timebased.

Your Action Plan

Your Action Plan is in the middle of this booklet. Once you have decided on your personal goals, writing them down is the next step to achieving them. You might like to remove your Action Plan from the booklet and put it on your fridge, where you can see it every day as a reminder to help you to stick to your plan. Once you put your Plan into action and start to achieve your goals, you will start to save money and energy!

Value your goals but don't think about them as set in stone. Things change and so will your goals from time to time. You can change your Action Plan at any time. Once you have reached a goal, you might like to replace it with another one.

THIS BOOKLET IS
FULL OF IDEAS FOR
GOALS THAT CAN
HELP YOU SAVE!



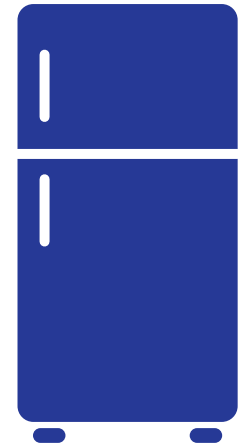
Fridge/freezer

Check seals and doors
– doors need to close firmly

Check the temperature
– fridges work best between 3° and 5°
– freezers work best between -15° and -18°

Use an Esky for parties
– to save turning on the second fridge

Room to breathe
– fridges/freezers run better
with air circulating around them



Heating

Check the temperature

- keep the room temperature between 18° and 21° in winter

Seal those cracks

- with blockers like a door 'snake'

Throw on a jumper

- so you can turn your heater down

Keep the curtains closed

- to keep the warmth in

Top up the insulation

- no need to replace it completely



Cooling

Check the temperature

- keep the room temperature between 23° and 26° in summer

Use the BBQ

- to save heating up your kitchen in summer

Keep the awnings down

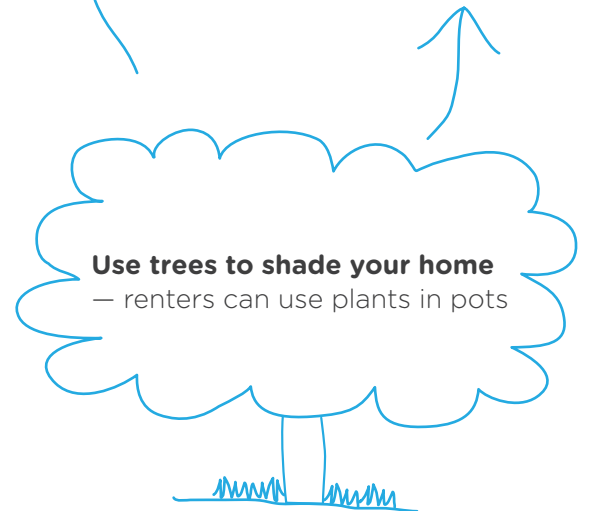
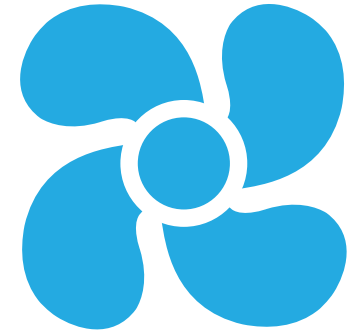
- to keep your home cooler

Think fans, not air conditioning

- they use 20 times less energy

Use trees to shade your home

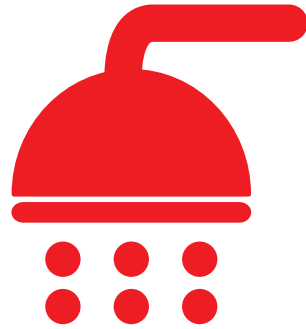
- renters can use plants in pots



Hot water

Shorten your shower

— to save water, money and energy!



Fix those dripping taps

— they can waste up to 1 litre of water/hour

Hand wash single dishes

— instead of using the dishwasher

Try a front loader washing machine

— they use less water and up to 60% less energy

Electric pumps

Use the right size

— and don't pay for wasted energy

Install a timer

— use off peak or only when you need to

Use a pool cover

— it can reduce the need for filtering

Try a variable speed pump

— and only use the energy you need to



Washer/dryer

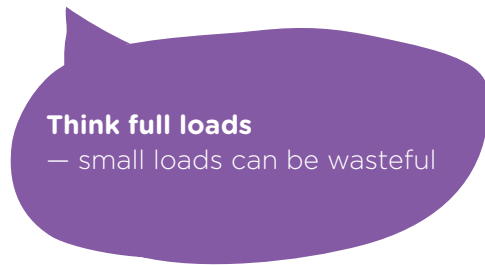
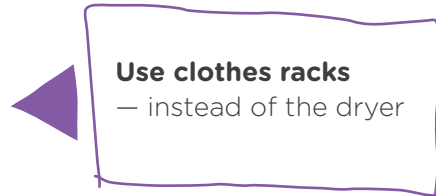
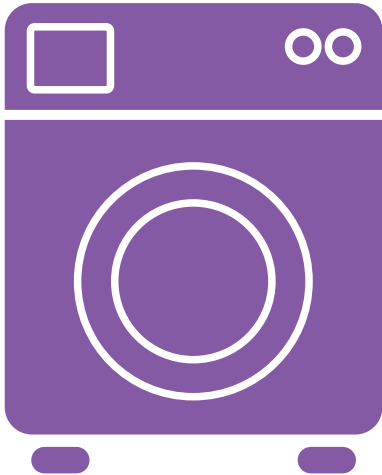
Think cold water, not hot
— to save money and energy

Throw a dry towel into the dryer
— it helps your wet washing dry quicker

Use clothes racks
— instead of the dryer

Think full loads
— small loads can be wasteful

Sunshine is free
— use it to dry your clothes



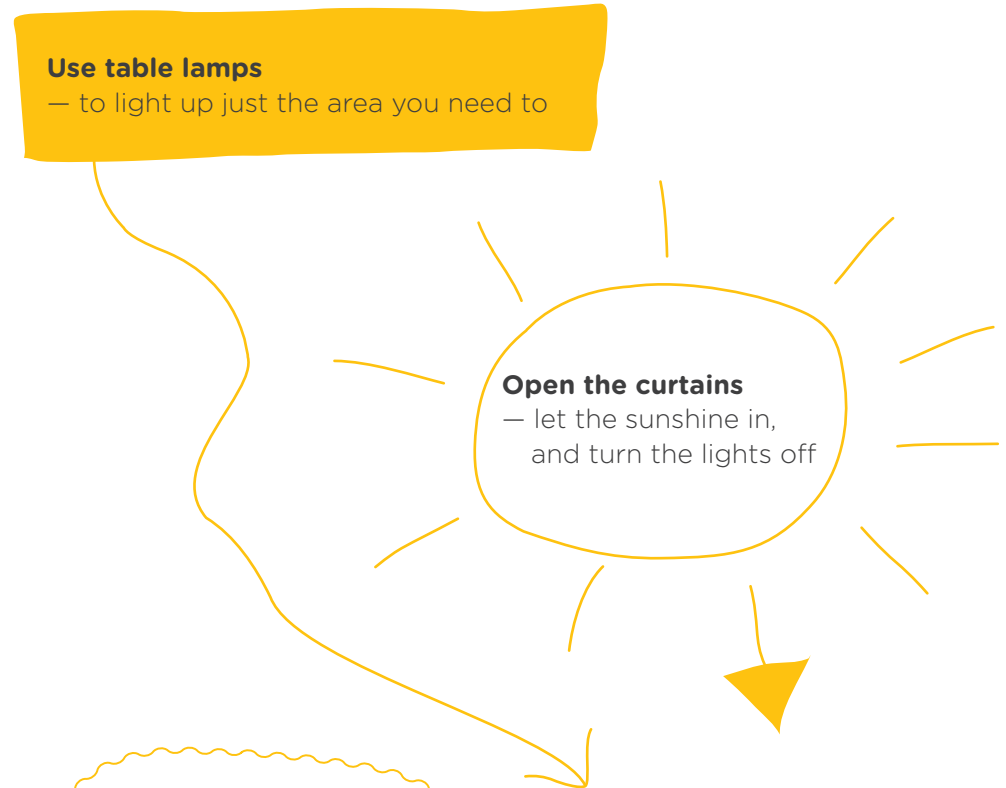
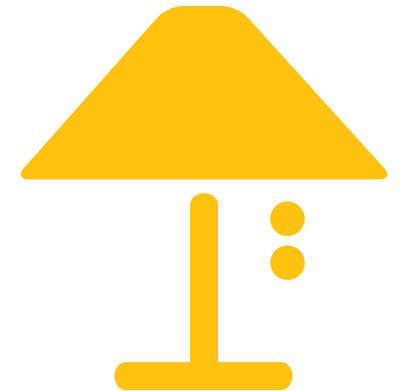
Lighting

Use table lamps
— to light up just the area you need to

Open the curtains
— let the sunshine in, and turn the lights off

Switch off and save
— if you're not using the room

Switch to energy efficient bulbs
— they use up to 80% less power and last longer



Stand-by power



Turn it off at the wall
— to save using stand-by power

**Use auto-shutdown
on your console**
— in case you forget
to turn it off

Limit games console use
— they are high energy users

Unplug your phone charger
— it still uses power even when
your phone isn't attached

Cooking

**Pots and pans with lids
that fit well**
— will keep the heat in

Think microwave, not oven
— to cook quicker and use less energy

Use a steamer
— to make use of just one
element on your stovetop

Bake a few things together
— to save money and energy



Budgeting for energy

Shop around and save!

— look around for a better energy deal

Centrepay is a free service

— use it to keep on top of your bills

Save regularly, no matter how small

— and get into the savings habit!

Replace old appliances with a NILS loan

— and pay no interest

Put a budget in place!

Seek help if you can't pay your bill

— let your provider know and ask for help

Ask Centrelink about concessions

— and get all that you are eligible for

Understand your bill

— call your provider if you're not sure

Try bill smoothing

— to even out your bill payments



MY ACTION PLAN

MY ACTION PLAN

Name:



Things I can do NOW	What will help me achieve my goal?	What might get in the way of reaching my goal?	Where can I get help to achieve my goal?	When do I want to reach my goal?	How will I know I have reached my goal?
<i>Example: Partly dry clothes on the line and bring them inside to finish drying on a rack</i>	<i>A clothes rack</i>	<i>Bad weather, which means I'll need to dry the clothes inside</i>	<i>Hardware store, to buy a clothes rack</i>	<i>Next week</i>	<i>I'll be using my dryer a lot less, hopefully not at all</i>

Things I can do IN THE FUTURE	What will help me achieve my goal?	What might get in the way of reaching my goal?	Where can I get help to achieve my goal?	When do I want to reach my goal?	How will I know I have reached my goal?
<i>Example: Use an ECO setting and correct water level on my washing machine</i>	<i>A newer model washing machine</i>	<i>Not having enough money to buy a new machine</i>	<i>A NILS loan will help me reach my goal</i>	<i>Early 2013</i>	<i>I'll be using economical settings and saving water and energy</i>

