
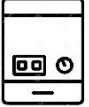




















How much do your appliances cost?

	Appliance	Rating (Watts)	Cost (Pence per hour)
	Electric shower	7,000-10,500	200-300
	Immersion heater	3,000	85
	Extra heating i.e. fan heater	1,000-3,000	28-85
	Kettle	2,500-3,000	71-85
	Grill/oven	2,000-2,400	57-68
	Hob (per ring)	1,000-2,000	28-57
	Iron	1,000-3,000	28-85
	Microwave	700-1,400	20-40
	Vacuum cleaner	600-900	17-25.5
	Slow cooker	150-300	4.3-8.5
	Fridge-freezer	100-300	2.8-8.5
	Games console	100-200	2.8-5.7
	LCD TV	25-175	0.71-5.0
	Incandescent GLS bulb	40-100	1.1-2.8
	LED GLS bulb	6-10	0.17-0.28
	Broadband router	5-15	0.14-0.43
	Extractor fan	5-10	0.14-2.8
	Phone/tablet charging	2-15	0.06-0.43



Ways of reducing household bills

SAVE up to £75
Turn down your thermostat by 1 degree

SAVE up to £15
Turn off lights in empty rooms

SAVE up to £75
Fit a water efficient shower head

SAVE up to £35
Use energy saving lightbulbs

SAVE up to £25
Wash up in a bowl, don't leave a tap running

SAVE up to £30
wash a full load at 30°C

SAVE up to £30
Don't leave appliances on standby

**All savings are based on annual consumption*



Find us on Search East Staffordshire Family Support Service

support@harveygirls.co.uk | 01283 533449 | eaststaffordshirefamilysupport.co.uk

Harvey Girls - Registered
Charity No.1142555
73 Horninglow Road,
Burton on Trent DE14 2PT



East Staffordshire
FAMILY
SUPPORT
SERVICE


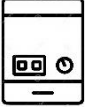


















harveygirls

Dads4Dads
MAKING FOOTPRINTS IN THE SAND LEAVING IMPRINTS ON THE MIND

Cadent
Your Gas Network

How much do your appliances cost?

	Appliance	Rating (Watts)	Cost (Pence per hour)
	Electric shower	7,000-10,500	200-300
	Immersion heater	3,000	85
	Extra heating i.e. fan heater	1,000-3,000	28-85
	Kettle	2,500-3,000	71-85
	Grill/oven	2,000-2,400	57-68
	Hob (per ring)	1,000-2,000	28-57
	Iron	1,000-3,000	28-85
	Microwave	700-1,400	20-40
	Vacuum cleaner	600-900	17-25.5
	Slow cooker	150-300	4.3-8.5
	Fridge-freezer	100-300	2.8-8.5
	Games console	100-200	2.8-5.7
	LCD TV	25-175	0.71-5.0
	Incandescent GLS bulb	40-100	1.1-2.8
	LED GLS bulb	6-10	0.17-0.28
	Broadband router	5-15	0.14-0.43
	Extractor fan	5-10	0.14-2.8
	Phone/tablet charging	2-15	0.06-0.43



Ways of reducing household bills

SAVE up to £75
Turn down your thermostat by 1 degree

SAVE up to £15
Turn off lights in empty rooms

SAVE up to £75
Fit a water efficient shower head

SAVE up to £35
Use energy saving lightbulbs

SAVE up to £25
Wash up in a bowl, don't leave a tap running

SAVE up to £30
wash a full load at 30°C

SAVE up to £30
Don't leave appliances on standby

**All savings are based on annual consumption*



Find us on Search East Staffordshire Family Support Service

support@harveygirls.co.uk | 01283 533449 | eaststaffordshirefamilysupport.co.uk

Harvey Girls - Registered
Charity No.1142555
73 Horninglow Road,
Burton on Trent DE14 2PT