

# We're here if you need us

If there's anything we can do to help, just ask. Our friendly team of experts will do all they can for you, whatever it is you need. Thanks again for being an AvantiGas customer, we love having you with us.

Call us free on **0808 208 0000**

Email [enquiries@avantigas.com](mailto:enquiries@avantigas.com)

Visit [avantigas.com](http://avantigas.com)

Or get in touch through our social channels...

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## We genuinely care about keeping you warm... and helping you save

Here are some energy saving tips we hope you'll find useful...





## Energy saving tips

We know that winter can be an expensive time, so we thought we'd give you some handy hints to help you save energy and money, while still keeping warm. Drop us a line on [Facebook](#) or [Twitter](#) if you have any of your own tips you'd like to share.



### Look after your boiler

Get it checked regularly by a Gas Safe Registered Engineer, and keep it in tip-top condition.



### Change to low energy bulbs

They use 80% less electricity than traditional ones and last longer too.



### Swap out your shower head

Install a water-saving one and you'll use around 40% less water and energy.



### Switch off, don't standby

Turn off your appliances instead of leaving them on standby and save around £90 a year.



### Keep an eye on your thermostat

Turn it down by just 1°C and you could knock up to 10% off your heating bills.



### Shut out the draught

Check your doors and windows for draughts and fit draughtproof strips if you need to.



### Put a lid on it

Because cooking without lids on your pans uses three times as much energy.



### Choose energy efficient appliances

Look out for A-rated appliances or ones with the Energy Saving Trust Recommended label.



### Only boil what you need

It takes more energy to boil a full kettle, so only fill it up with the amount of water you're going to use.



### Wrap up your loft

Stop heat escaping through your roof with insulation at least 270mm thick.



### Get resourceful with your radiators

Put silver foil behind your radiators to reflect heat back into the room. Installing shelves above them will help do this too.



### Keep the warmth in your walls

Reduce the amount of heat escaping from your home, by installing external or cavity wall insulation.

Have a safe and happy winter and remember, we're here if you need us.