

**Big Energy Saving Week – 17th – 23rd January**

**Bassetlaw Social Media Assets & Comms**

**#BassetlawEnergyWeek**

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| **Date** | **Image** | **Copy** |
| Weds 17th January – am – opening post |  | It's #BigEnergySavingWeek and throughout the week we will be sharing information and tips on how you can cut the cost of your energy, as well as highlighting the support that is available in Bassetlaw around the subject of energy.  Don’t forget that the Bassetlaw Cost of Living support information is available online 24/7 here:  [www.bcvs.org.uk/colbassetlaw](http://www.bcvs.org.uk/colbassetlaw)  #BassetlawEnergyWeek #SaveEnergy #CostofLiving |
| Weds 17th January – pm |  | Did you know that small changes at home can make a big impact on your energy bills?  Start by switching to LED bulbs—they last longer and use less energy.  Let's shine a light on savings!  Don’t forget that the Bassetlaw Cost of Living support information is available online 24/7 here:  [www.bcvs.org.uk/colbassetlaw](http://www.bcvs.org.uk/colbassetlaw)  #BigEnergySavingWeek  #BassetlawEnergyWeek #SaveEnergy #CostofLiving |
| Thursday 18th January - am | C:\Users\RachelWood\AppData\Local\Packages\Microsoft.Windows.Photos_8wekyb3d8bbwe\TempState\ShareServiceTempFolder\big energy saving week 2024-5.jpeg | This #BigEnergySavingWeek, take control of your thermostat!  Lowering it by just 1 degree can save you money without sacrificing comfort.  Stay warm and save energy—win-win!  Don’t forget that the Bassetlaw Cost of Living support information is available online 24/7 here:  [www.bcvs.org.uk/colbassetlaw](http://www.bcvs.org.uk/colbassetlaw)  #BassetlawEnergyWeek #SaveEnergy #CostofLiving |
| Thursday 18th January - pm |  | Discover support with Bassetlaw Action Centre's Energy Advice Service.  The service offers:   * Energy tariff switches to ensure you aren’t overspending on your gas and electricity * Identifying and assisting you to apply for funding for energy saving measures or to replace faulty equipment where applicable * Registration on to the priority services register * Benefit check to ensure you are in receipt of correct benefits * Help and advice with fuel debt   Contact Jayne at Bassetlaw Action Centre Energy Service on jbullock@actioncentre.org.uk  Don’t forget that the Bassetlaw Cost of Living support information is available online 24/7 here:  www.bcvs.org.uk/colbassetlaw  #BigEnergySavingWeek  #BassetlawEnergyWeek #SaveEnergy #CostofLiving |
| Friday 19th January – am |  | Unplug, unplug, unplug!  Many devices draw power even when not in use.  Use power strips to easily disconnect electronics and chargers when they're not needed.  Let's cut the cord on unnecessary energy costs!  Don’t forget that the Bassetlaw Cost of Living support information is available online 24/7 here:  www.bcvs.org.uk/colbassetlaw  #BassetlawEnergyWeek #SaveEnergy #CostofLiving |
| Friday 19th January – pm |  | Explore energy efficiency with Bassetlaw Citizens Advice energy team  Their dedicated energy team can help you:   * Understand your energy usage, bills and tariffs * Explore actions you can take to reduce your usage * Make Your Home Efficient: Tips to optimise your home's energy use * Save on Heating: Expert advice to keep your home warm and cost-effective * Access support, energy grants and schemes   Contact Bassetlaw Citizens Advice for free personalised energy advice appointment, support with resolving complaints and issues with energy suppliers, or if you are struggling to pay your energy bills.  Tel: 01909 498892 or email: [energy@bassetlawca.org.uk](mailto:energy@bassetlawca.org.uk)  Don’t forget that the Bassetlaw Cost of Living support information is available online 24/7 here:  www.bcvs.org.uk/colbassetlaw  #BigEnergySavingWeek  #BassetlawEnergyWeek #SaveEnergy #CostofLiving |
| Saturday 20th January – am |  | Keep the drafts out and the warmth in!  Seal gaps around doors and windows with draught excluders to prevent heat loss.  Your home will feel warmer, and your wallet will thank you.  Don’t forget that the Bassetlaw Cost of Living support information is available online 24/7 here:  www.bcvs.org.uk/colbassetlaw  #BigEnergySavingWeek  #BassetlawEnergyWeek #SaveEnergy #CostofLiving |
| Saturday 20th January - pm |  | Embrace natural light!  Open curtains during the day to let sunlight in, reducing the need for artificial lighting.  It's an easy way to brighten your space while cutting down on energy costs.  Shine bright and save! 🌈💡  Don’t forget that the Bassetlaw Cost of Living support information is available online 24/7 here:  www.bcvs.org.uk/colbassetlaw  #BigEnergySavingWeek  #BassetlawEnergyWeek #SaveEnergy #CostofLiving |
| Sunday 21st January – am |  | Shorter showers = bigger savings!  Did you know that cutting down your shower time can significantly reduce water and energy costs?    Join the #ShortShowerChallenge:   * Trim a few minutes off each shower. * Save on water heating expenses. * Conserve resources for a greener planet. * Experience efficiency without compromise. * Prioritise your wallet and the environment.   Small changes can make a big impact!  Don’t forget that the Bassetlaw Cost of Living support information is available online 24/7 here:  www.bcvs.org.uk/colbassetlaw  #BigEnergySavingWeek  #BassetlawEnergyWeek #SaveEnergy #CostofLiving |
| Sunday 21st January – pm |  | Cook smart, save energy!  Check out the top 3 appliances that make mealtime efficient and eco-friendly:  Microwave Oven:  Zap your meals in minutes, using up to 80% less energy than conventional ovens.  Induction Cooktops: Induction cooktops are not only faster but also more energy-efficient, as they heat the pan directly.  Slow Cooker: Set it and forget it!  Slow cookers use minimal energy over long periods, turning budget-friendly ingredients into delicious meals.  Upgrade your kitchen, save energy, and enjoy hassle-free cooking! 🌐💡  Don’t forget that the Bassetlaw Cost of Living support information is available online 24/7 here:  www.bcvs.org.uk/colbassetlaw  #BigEnergySavingWeek  #BassetlawEnergyWeek #SaveEnergy #CostofLiving |
| Monday 22nd January – am |  | ⛽️✨ Fuel up wisely!  Before hitting the road, make sure to check PetrolPrices.com for the best petrol deals in your area:  🌐 PetrolPrices.com: Your go-to for real-time fuel prices.  🚗 Cheapest Options: Find the most cost-effective petrol near you.  Don’t forget that the Bassetlaw Cost of Living support information is available online 24/7 here:  www.bcvs.org.uk/colbassetlaw  #BigEnergySavingWeek  #BassetlawEnergyWeek #SaveEnergy #CostofLiving |
| Monday 22nd January - pm |  | Step into savings!  Embrace energy efficiency with one simple change – walking more!  🌍 Cut down on car rides, reduce emissions, and lower your carbon footprint.  🏞️ Boost your fitness while saving energy. Walk for a happier and healthier lifestyle.  💰 Skip the petrol station, pocket the savings.  Walking is the original green transport!  Take strides towards a greener and more cost-efficient lifestyle.  Walk your way to a brighter, healthier future!  Don’t forget that the Bassetlaw Cost of Living support information is available online 24/7 here:  www.bcvs.org.uk/colbassetlaw  #BigEnergySavingWeek  #BassetlawEnergyWeek #SaveEnergy #CostofLiving |
| Tuesday 23rd January – am |  | Collect it, Save it, Reuse it!  Dive into water saving with a water butt!  Collect Rainwater: Place your water butt under a downpipe to catch rainwater, a free and eco-friendly resource.  Save on Bills: Use harvested rainwater for garden watering, reducing reliance on tap water and trimming your water bills.  Reuse Smartly: Give a second life to rainwater collected in your water butt for plant irrigation, car washing, or cleaning.  Install a water butt today – a simple step towards sustainability, savings, and a greener future!  Don’t forget that the Bassetlaw Cost of Living support information is available online 24/7 here:  www.bcvs.org.uk/colbassetlaw  #BigEnergySavingWeek  #BassetlawEnergyWeek #SaveEnergy #CostofLiving |
| Tuesday 23rd January - pm |  | 🚴‍♂️💨 Pedal your way to savings!  Switching to cycling has both environmental and personal benefits.  🌳 Eco-Friendly Commute  🏋️‍♂️ Cycling is not just a mode of transport; it's an excellent workout. Stay fit while getting from A to B!  💰 Cut down on fuel expenses, parking fees, and maintenance costs.  Cycling is a cost-effective choice.  Hop on your bike and head towards a healthier, wealthier, and greener lifestyle!  Don’t forget that the Bassetlaw Cost of Living support information is available online 24/7 here:  www.bcvs.org.uk/colbassetlaw  #BigEnergySavingWeek  #BassetlawEnergyWeek #SaveEnergy #CostofLiving |
| Tuesday 23rd January – pm - finishing post |  | And that is the end of our #BigEnergyWeek awareness campaign.  We hope that the tips and support available have helped some of you save money on your energy costs and that you are able to take some simple steps to continue reducing your costs.  Don’t forget that the Bassetlaw Cost of Living support information is available online 24/7 here:  www.bcvs.org.uk/colbassetlaw  #BigEnergySavingWeek  #BassetlawEnergyWeek #SaveEnergy #CostofLiving |