

POWER UP!

Energy Advice



0808 808 2274

energy | ymddiriedolaeth
saving | arbed
trust | ynni

WESTERN POWER 
DISTRIBUTION

Serving the Midlands, South West and Wales

Who are we?

Power Up! is a partnership between Western Power Distribution, your electricity network, and the Energy Saving Trust.

Our main aim is to help those who could be potentially vulnerable in the event of a power cut across South and Mid Wales to save money and keep warm.

We can offer a range of income, tariff and energy efficiency support and advice to help you save energy and money off your energy bills.

Power Up! can be contacted on **0808 808 2274** or WPDpowerup@est.org.uk

Please feel free to contact us for free advice and support.

Why have we contacted you?

You have recently spoken to Western Power Distribution, your electricity board, and they updated your details onto their system in case of power cuts.

They have passed your details onto us so we can contact you and try to help you save energy, reduce your energy bills, and receive energy saving hints & tips and details about money saving schemes.

How can we help you?

An experienced Power Up! Advisor can assist you with the following:

- ✔ Free and impartial advice on getting the best deal, no matter who supplies gas or electricity to your home
- ✔ Benefits check – are you getting all that you're entitled to?
- ✔ Energy saving advice for a warm and healthy home and affordable bills
- ✔ Gas and electricity use reduction, finding a better tariff or switching suppliers
- ✔ Referrals to schemes offering grant funded cavity wall and loft insulation, and advice on replacing old, inefficient boilers
- ✔ Advice on managing your money and any debts you may have, including getting you help from specialist debt advice services
- ✔ A home visit service if you find it easier to speak to someone in person.

Top tips for saving energy

By following these simple steps around the home you can stay comfortable and save money on your energy bills.

Take control of your heating

If you turn your thermostat down by just 1°C you will cut your heating bill by up to 10 per cent, saving **around £80** per year.

If you have a programmer, set your heating and hot water to come on when you're at home rather than all the time.

The thermostat should be set to the lowest comfortable temperature, typically **between 18°C and 21°C**.

Shorter showers

Spending one minute less in the shower will **save you £7** off your energy bills each year, per person. With a water meter this will save a **further £7 off** annual water and sewerage bills, and if everyone in a four person family did this it would lead to a total saving of **nearly £80** a year.*

*Based on a power shower, assuming 5 showers per person per week

Switch to LEDs

If you replace a halogen bulb with an equivalent LED, you will **save around £90** in electricity costs over the lifetime of the bulb.*

*Based on replacing a 50W halogen bulb

Line dry clothes

You can save **£30 a year** in electricity by line drying clothes instead of using a tumble dryer.

Wash at 30 degrees

If you set your washing machine to wash at 30°C rather than a higher temperature you will **save £6** a year and use **40 per cent less** electricity.

Turn off lights

Turning your lights off when you're not using them will save you **around £14** on your annual energy bills.

Get the boiling point

If you fill the kettle up with only as much water as you need you will **save £7** in energy bills a year.

Switch off standby

You can save **around £30** a year just by remembering to turn your appliances off standby mode.

Almost all electrical and electronic appliances can be turned off at the plug without upsetting their programming.

Help available

Nest

The Welsh Government Warm Homes Nest scheme is working to make Welsh homes warmer and more energy-efficient places to live.

You could qualify for a free replacement boiler, new central heating system or other energy efficiency home improvements if:

- ✔ You own or privately rent your home
- ✔ You or someone you live with receives a means tested benefit

Nest also provides advice on saving energy, energy tariffs and benefit entitlement to help reduce the cost of energy bills.

Contact Nest on Freephone **0808 808 2244** to see how we can help you today or visit [nest.gov.wales](https://www.nest.gov.wales) for more information.

Warm Home Discount

You could get £140 off your electricity bill for winter under the Warm Home Discount Scheme.

The money isn't paid to you - it's a one-off discount on your electricity bill, between September and March. You may be able to get the discount on your gas bill instead if your supplier provides you with both gas and electricity. Contact your supplier to find out.

Winter Fuel Payment

You could get between £100 and £300 tax-free to help pay your heating bills if you were born on or before 5 August 1953.

You usually get a Winter Fuel Payment automatically if you are eligible and you get the State Pension or another social security benefit (not Housing Benefit, Council Tax Reduction, Child Benefit or Universal Credit).

If you're eligible but do not get paid automatically, you will need to make a claim. Most payments are made automatically between November and December.

Energy Supplier Trust Funds

If you're in debt to your energy supplier, you might be able to get a grant from a charitable trust to help pay it off.

British Gas has a fund that is open to anyone - you don't have to be a customer. npower, Scottish Power, Ovo Energy, E.on, EDF Energy and SSE offer various grants and schemes to help their customers.

Disabled Facilities Grant

You could get a grant from your council if you're disabled and need to make changes to your home, for example to:

- ✔ widen doors and install ramps
- ✔ improve access to rooms and facilities - e.g. stairlifts or a downstairs bathroom
- ✔ provide a heating system suitable for your needs
- ✔ adapt heating or lighting controls to make them easier to use

To get an application form, contact the housing or environment health department of your local council.

Fuel Direct

Fuel Direct allows you to make affordable payments directly to your energy supplier from certain qualifying benefits if you're having difficulties.

You are only eligible for Fuel Direct if you currently receive one of the following benefits:

- ✔ Income-based Jobseekers Allowance
- ✔ Employment and Support Allowance
- ✔ Income Support
- ✔ Pensions Credit
- ✔ Universal Credit

On Fuel Direct, a weekly payment will be made directly to the energy supplier and deducted from the amount of money you receive in benefits. A set amount is paid for debt recovery and another amount will be taken each week to cover your on-going energy consumption.

Your local job centre can arrange Fuel Direct for you. Generally if you have a debt of £71 or more (and are in receipt of a qualifying benefit), you can also request that the energy supplier applies for Fuel Direct on your behalf.

nPower's Health Through Warmth

Health Through Warmth offers help to people who have long term illnesses and are finding it hard to fully fund heating systems/repairs and insulation in their homes.

Any help offered will depend on your circumstances. Health Through Warmth is a scheme run by nPower, but you don't need to be an nPower customer to apply for help. You can contact nPower to find out if you qualify for help.

Call **0800 022 220** (select the energy efficiency option)

Email healththroughwarmth@npower.com

Visit healththroughwarmth.com

Care & Repair

Care and Repair helps older people in Wales live independently in their own homes.

As a charity working through our network across Wales, we deliver practical help to create safe, warm and accessible homes. This help can range from delivering major modifications for people most in need, to offering advice and recommendations to people who need reliable professionals to carry out work.

To find out more about how Care & Repair may be able to help call **0300 111 3333**.

Age Cymru

Age Cymru is the national charity for older people in Wales providing confidential impartial, simple information and advice on a variety of areas ranging from money matters to health and wellbeing.

Age Cymru also provides practical services to help people stay independent at home, tackle isolation and sustain good health.

To find out more about how Age Cymru may be able to help call **08000 223 444**

The Silver Line

The Silver Line operates a confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week.

The Silver Line team can offer information, friendship and advice, links to local groups and services, regular friendship calls and help to protect and support older people who are suffering abuse and neglect.

The Silver Line Helpline is free to callers - **0800 470 80 90**

Gofal a Thrwsio

Mae Gofal a Thrwsio yn helpu pobl hyn yng Nghymru i fyw'n annibynnol ar pennau eu hunain yn ei cartrefi.

Fel elusen sy'n gweithio trwy ein rhwydwaith ledled Cymru, rydym yn darparu'n ymarferol help i greu cartrefi diogel, cynnes a hygyrch. Gall y cymorth hwn amrywio gan ddarparu newidiadau mawr i'r bobl sydd fwyaf mewn angen, i gynnig cyngor a argymhellion i bobl sydd angen gweithwyr proffesiynol dibynadwy i wneud gwaith.

I ddarganfod mwy am sut y gall Gofal a Thrwsio helpu gall alw
0300 111 3333.

Oedran Cymru

Oedran Cymru yw'r elusen genedlaethol ar gyfer pobl hyn yng Nghymru sy'n darparu gwybodaeth syml a chyngor diduedd cyfrinachol ar amrywiaeth o feysydd yn amrywio o Materion arian i iechyd a lles.

Mae Oedran Cymru hefyd yn darparu gwasanaethau ymarferol i helpu pobl i aros yn annibynnol yn eu gartref, tacllo unigedd a chynnal iechyd da.

I ddarganfod mwy am sut y gall Oedran Cymru helpu i alwch:
08000 223 444

The Silver Line

Mae'r The Silver Line yn llinell gymorth gyfrinachol, am ddim i bobl hyn ledled y DU sydd ar agor 24 awr y dydd, saith niwrnod yr wythnos.

Gall y tîm the Silver Line cynnig gwybodaeth, cyfeillgarwch a chyngor, dolenni i leoliadau lleol ar gyfer grwpiau a gwasanaethau, galwadau cyfeillgarwch rheolaidd a helpu i warchod a chefnogi pobl hyn sy'n dioddef camdriniaeth ac esgeulustod.

Mae The Silver Line yn rhad ac am ddim i alw - **0800 470 8090**

Grant Cyfleusterau Anabl

Gallech gael grant gan eich cyngor os ydych chi'n anabl ac mae angen i chi wneud hynny newidiadau i'ch cartref, er enghraifft i:

- ✔ ehangu drysau a gosod rampiau
- ✔ gwella mynediad i ystafelloedd a chyfleusterau - e.e. lifftiau grisiau neu ystafell ymolchi i lawr y grisiau
- ✔ darparu system wresogi sy'n addas ar gyfer eich anghenion
- ✔ addasu rheolaethau gwresogi neu oleuadau i'w gwneud yn haws eu defnyddio

I gael ffurflen gais, cysylltwch â'r adran iechyd tai neu'r amgylchedd o'ch cyngor lleol.

Tanwydd Uniongyrchol

Mae Tanwydd Uniongyrchol yn eich galluogi i wneud taliadau fforddiadwy yn uniongyrchol o fudd-daliadau cymwys penodol y gallech fod yn eu cael.

Dim ond os ydych yn cael un o'r budd-daliadau canlynol y byddwch yn gymwys i gael Tanwydd Uniongyrchol:

- ✔ Lwfans Ceisio Gwaith yn seiliedig ar Incwm
- ✔ Lwfans Cyflogaeth a Chymorth
- ✔ Cymhorthdal Incwm

Ar danwydd uniongyrchol, caiff taliad wythnosol ei dalu yn uniongyrchol i'r cyflenwr ynni a'i ddidynnu o'r swm o arian rydych yn ei gael mewn budd-daliadau. Telir swm penodol i adennill dyled a chaiff swm ychwanegol ei gymryd bob wythnos er mwyn talu am eich defnydd parhaus o ynni.

Gall eich canolfan gwaith leol drefnu Tanwydd Uniongyrchol i chi. Yn gyffredinol os oes gennych ddyled o £71 neu fwy (a'ch bod yn cael budd-dal cymwys), yna gallwch ofyn i'r cyflenwr ynni wneud cais am Danwydd Uniongyrchol ar eich rhan.

Iechyd drwy Gynhesrwydd nPower

Mae Iechyd drwy Gynhesrwydd nPower yn cynnig help i bobl sydd â salwch hirdymor a yn ei chael yn anodd i ariannu'n systemau gwresogi / atgyweirio ac inswleiddio yn eich cartrefi.

Bydd unrhyw gymorth a gynigir yn dibynnu ar eich amgylchiadau. Iechyd drwy Gynhesrwydd yw cynllun a reolir gan nPower, ond does dim rhaidd i chi fod yn gwsmer nPower i wneud cais amdano. Gallwch gysylltu â nPower i ganfod a ydych chi'n gymwys i gael help.

Ffoniwch **0800 022 220** (dewiswch yr opsiwn effeithlonrwydd ynni).

E-bost healththroughwarmth@npower.com

Ewch i www.healththroughwarmth.com

Help sydd ar gael

Nyth

Mae cynllun Cartrefi Clyd Llywodraeth Cymru yn gweithio i wneud y cartrefi yn gynhesach a mwy effeithlon o ran ynni i fyw.

Gallech fod yn gymwys i gael boeler newydd am ddim, system gwres canolog newydd neu welliannau effeithlonrwydd ynni cartref os yw'r canlynol yn berthnasol:

- ✓ Rydych yn berchen ar eich cartref neu'n ei rentu'n breifat
- ✓ Rydych chi neu rywun sy'n byw gyda chi yn cael budd-dal prawf modd

Mae Nest hefyd yn rhoi cyngor ar arbed ynni, tariffau ynni a hawl i gael budd-dal i helpu i ostwng cost biliau ynni.

Cysylltwch â Nyth ar **0808 808 2244** neu ewch i nyth.llyw.cymru am ragor o wybodaeth.

Gostyngiad Cartrefi Cynnes

Gallech gael £140 oddi ar eich bil trydan ar gyfer y gaeaf o dan y Cartref Cynnes Cynllun Disgownt.

Nid yw'r arian yn cael ei dalu i chi - mae'n gostyngiad unwaith ar eich bil trydan, rhwng mis Medi a mis Mawrth. Efallai y gallwch chi gael y gostyngiad ar eich nwy yn lle hynny os yw'ch cyflenwr yn rhoi nwy a thrydan i chi. Cysylltwch â'ch cyflenwr i ddarganfod.

Taliad Tanwydd Gaeaf

Fe allech chi gael rhwng £100 a £300 heb dreth i helpu i dalu'ch biliau gwresogi os cawsoch eich geni ar neu cyn 5 Awst 1953.

Fel arfer, byddwch chi'n cael Taliad Tanwydd Gaeaf yn awtomatig os ydych chi'n gymwys a chi cael Pensiwn y Wladwriaeth neu fudd-dal nawdd cymdeithasol arall (nid Budd-dal Tai, Lleihad Treth Cyngor, Budd-dal Plant neu Gredyd Cyffredinol).

Os ydych chi'n gymwys ond nid yn cael eich talu'n awtomatig, bydd angen i chi wneud cais. Gwneir y mwyafrif o daliadau yn awtomatig rhwng mis Tachwedd a mis Rhagfyr.

Cronfeydd Ymddiriedolaeth Cyflenwyr Ynni

Os ydych mewn dyled i'ch cyflenwr egni, efallai y byddwch chi'n gallu cael grant gan ymddiriedolaeth elusennol i helpu i'w dalu.

Mae gan British Gas gronfa sy'n agored i unrhyw un - does dim rhaid i chi fod yn gwsmer. Mae Npower, Scottish Power, Ovo Energy, E.on, EDF Energy a SSE yn cynnig grantiau amrywiol a chynlluniau i helpu eu cwsmeriaid yn unig.

Awgrymiadau defnyddiol ar gyfer arbed ynni

Drwy ddilyn y camau syml hyn o amgylch y cartref, gallwch gadw'n glud ac arbed arian ar eich biliau ynni.

Rheoli'ch system wresogi

Os byddwch yn troi eich thermostat i lawr dim ond 1°C, byddwch yn torri eich biliau gwresogi hyd at 10 y cant, gan arbed **tua £80** y flwyddyn.

Os oes gennych raglennydd, trefnwch i'r gwres a'r dŵr poeth ddod ymlaen pan fydd gartref ac nid drwy'r amser.

Dylai'r thermostat fod ar y tymheredd isaf sy'n gyfforddus, fel arfer rhwng 18°C a 21°C.

Sychu dillad ar y lein

Gallwch **arbed £30** y flwyddyn mewn trydan drwy sychu eich dillad ar y lein yn hytrach na defnyddio peiriant sychu dillad.

Golchwch ar 30

Os byddwch yn gosod eich peiriant golchi i olchi ar 30°C yn hytrach na thymheredd uwch, byddwch yn **arbed £6** y flwyddyn ac yn defnyddio 40 y cant yn llai o drydan.

Llai o amser yn y gawod

Bydd treulio un munud yn llai yn y gawod yn **arbed £7** ar eich biliau ynni bob blwyddyn, ar gyfer pob person. Gyda mesurydd dŵr bydd hyn yn **arbed £7** arall ar filiau dŵr a charthffosiaeth blyneddol, a phetai pawb mewn teulu pedwar person yn gwneud hyn, byddai'n arwain at arbed cyfanswm **o bron £80** y flwyddyn.*

*Yn seiliedig ar gawod pŵer, gan gymryd bod pob person yn cael pum cawod yr wythnos

Diffodd y goleuadau

Diffoddwch eich goleuadau pan nad ydych yn eu defnyddio. Bydd hyn yn **arbed tua £14** y flwyddyn i chi ar eich biliau ynni.

Berwi ychydig

Os byddwch yn llenwi'r tegell gyda dim ond y dŵr sydd ei angen arnoch, byddwch yn **arbed £7** mewn biliau ynni mewn blwyddyn.

Newid i LEDs

Os byddwch yn newid bwlb halogen gyda LED cyfatebol, byddwch yn **arbed tua £90** mewn costau trydan dros oes y bwlb.*

*Yn seiliedig ar newid bwlb halogen 50W

Diffodd y modd segur

Gallech arbed **tua £30** y flwyddyn drwy gofio diffodd teclynnau sydd wedi'u gadael mewn modd segur.

Gellir diffodd bron pob teclyn trydanol ac electronig wrth y wal heb amharu ar eu systemau.

Pwy ydyn ni?

Mae Power Up! yn bartneriaeth rhwng Western Power Distribution, eich rhwydwaith trydan a'r Ymddiriedolaeth Arbed Ynni.

Ein prif nod yw helpui rhai a all fod o bosib yn agored i niwed mewn achos o doriad pŵer De a Chanolbarth Cymru i arbed arian a chadw'n gynnes.

Gallwn gynnig amrywiaeth o gymorth a chyngor o ran incwm, tariffau ac effeithlonrwydd ynni er mwyn eich helpu i arbed ynni ac arbed arian ar eich biliau ynni.

Gellir cysylltu â Power Up! ar **0808 808 2274** neu WPDpowerup@est.org.uk

Mae croeso i chi gysylltu â ni am gyngor a chymorth am ddim.

Pam ein bod wedi cysylltu â chi?

Gwnaethoch siarad â Western Power Distribution, eich bwrdd trydan, yn ddiweddar a wnaeth ddiweddarau eich manylion ar ei system rhag ofn bod toriad trydan.

Mae wedi trosglwyddo eich manylion i ni fel y gallwn gysylltu â chi a cheisio eich helpu i arbed ynni, lleihau eich biliau ynni, a chael cyngor ar arbed ynni a manylion am gynlluniau arbed arian.

Sut y gallwn eich helpu?

Gall gyngorydd profiadol Power Up! cynorthwyo chi gyda'r canlynol:

- Cyngor diduedd am ddim ar sut i gael y fargen orau, ni waeth pwy yw eich cyflenwr nwy neu drydan
- Budd-daliadau - a ydych yn cael yr hyn mae gennych hawl iddo?
- Cyngor ar arbed ynni er mwyn cael cartref clud a chynnes a biliau fforddiadwy
- Lleihau'r defnydd o nwy a thrydan, dod o hyd i dariff gwell neu newid cyflenwyr
- Cynlluniau sy'n cynnig grantiau i inswleiddio atig a wal geudod, a chyngor ar newid hen foeleri aneffeithlon
- Cyngor ar reoli eich arian ac unrhyw ddyledion a allai fod gennych, gan gynnwys cael help gan wasanaethau cyngor ar ddyledion arbenigol
- Ymweld â'ch cartref os yw'n haws i chi siarad â rhywun wyneb yn wyneb.

POWER UP!

Cyngor ar Ynni



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