

GREEN ENERGY HELPLINE FROM **CHANGEWORKS.**

31-DAY LOW CARBON DECEMBER CHALLENGE (DAY 1 TO DAY 11)

DAY 1

Check for draughts around doors & windows – simple seals can keep heat in



DAY 2

Turn your thermostat down by 1°C – small change, big savings



DAY 3

Wash clothes at 30°C; it's gentler and uses ~40% less energy

DAY 4

Turn appliances fully off instead of standby



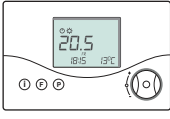
DAY 5

Boil only the amount of water you need in the kettle



DAY 6

Time your heating so it's on only when needed



DAY 7

Fit reflective foil behind water-filled radiators



DAY 8

Use a lid when cooking – keeps heat in and cooks faster



DAY 9

Air dry clothes when possible

DAY 10

Fit a brush or flap to your letterbox to stop draughts



DAY 11

Insulate your hot water cylinder



Need a more advice? Our GREEN ENERGY HELPLINE advisors are here with free, friendly advice – visit www.changeworks.org.uk/greenenergy to request a call back. To find out more about how to save energy at home, you can also visit www.changeworks.org.uk/energy-advice

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31-DAY LOW CARBON DECEMBER CHALLENGE (DAY 12 TO DAY 21)

DAY 12

Check your smart meter display and spot energy-hungry appliances



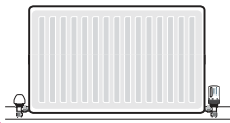
DAY 13

Switch to LED bulbs – they use up to 80% less power



DAY 14

Don't block radiators with furniture



DAY 15

Use eco-cycles on washing machines & dishwashers



ECO

DAY 16

Layer up your clothes before turning the heating up



DAY 17

Keep your fridge between 3-5 °C



DAY 18

Check if you qualify for grants or energy efficiency funding



DAY 19

Shut doors between heated rooms to keep warmth in



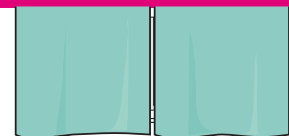
DAY 20

Defrost your freezer regularly for best efficiency



DAY 21

Use thick curtains at night to keep heat in



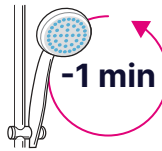
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31-DAY LOW CARBON DECEMBER CHALLENGE (DAY 22 TO DAY 31)

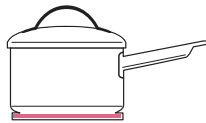
DAY 22

Shorten showers by
1 minute to save hot
water and energy



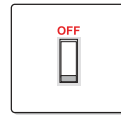
DAY 23

Simmer gently instead
of boiling hard



DAY 24

Turn lights off when
leaving a room



DAY 25

Enjoy a low carbon
Christmas – reuse
wrapping & recycle



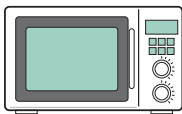
DAY 26

Batch cook meals
and freeze portions
– saves oven use



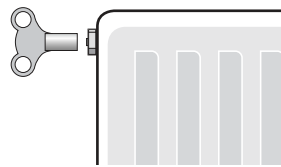
DAY 27

Use a slow cooker
or microwave for
small meals



DAY 28

Bleed radiators to
ensure efficient
heating



DAY 29

Check pipe
insulation in cold
areas to avoid heat
loss



DAY 30

Compare tariffs –
are you on the best
energy deal?



DAY 31

**SET YOUR 2026
LOW CARBON GOALS**
SMALL CHANGES
ADD UP TO A BIG
DIFFERENCE!



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