



Welcome to our Taking Charge Activity Pack

Taking Charge is a special campaign to help people who work in social care, and the people they support, find ways to reduce their energy bills.

Community Integrated Care - one of Britain's biggest social care charities, has developed this free toolkit of tips and hacks to help the care sector through the energy crisis.

We want the people that you support to feel empowered to take charge of their energy bills. This activity pack is filled with ways to get people thinking about their bills, and how they can keep them as low as possible.



This pack is designed to be used alongside the learning resources found at TakingChargeEnergy.co.uk, which include:

- A recorded workshop packed with the best household hacks
- Oliver's expert energy-saving tips videos
- An easy-read guide to share with the people you support

This pack includes accessible, interactive challenges, tools and educational resources, specifically designed to support learning around energy usage.

You know the people you support best, so these activities have been designed to give you a range of options to create appropriate and engaging learning moments.



Community
Integrated
Care



takingchargeenergy.co.uk

How to use this pack

- Take a look at the workshop, videos and Easy Read Guide at **www.TakingChargeEnergy.co.uk** and decide which learning tool is most useful to share with the people you support.
- Take a look through this pack and think about what activities might work best for the people you support. Involving the people you support in these decisions is great too.
- Don't worry if some of the activities don't work for the people you support. There are plenty to choose from.
- Involve the people that we support as much as possible in the activities and challenges, this will be a great chance to talk about energy usage with them, and find ways that you're both able to keep their energy bills down.
- Let us know how you did! There'll be special prizes and rewards given to people who get involved. You can share these creations by emailing photographs of them to: Marcella.Rick@c-i-c.co.uk
- Find out more at **www.TakingChargeEnergy.co.uk**



Community
Integrated
Care



takingchargeenergy.co.uk

Supporting Notes

This sheet will give you extra guidance on each activity, to help you develop your sessions with the people you support.

I'm taking charge because...

We want you to facilitate a conversation with the people that you support around why they should want to save on their energy bills.

We'd like you to help them to understand that wasted energy costs money, and that money could be used towards the things that matter the most to them instead.

Please use this sheet to help them to identify the things that matter the most to them, so that they know why it is important to implement these changes. You might like to discuss:

- Things that they would like to do
- Places they would like to visit
- Items that they would like to own

Taking Charge Quiz

Once you have used the resources on the website to describe ways to reduce energy bills (Easy Read Guide, Pre-recorded Workshop, or Oliver's Energy Saving Tips Videos) you can use this quiz to test your knowledge.

Answers:

True

False

False

True

False

Design Your Own Energy Saving Poster!

Discuss which tip would really make a difference at home, and support people to create their own poster.

For example, Turn things off at the plug! Take a 4 minute shower! Turn the light off when you leave!

Slay Those Vampires!

- Go around your house and list the vampires that you find.
- Keep your list to remember what items need to be switched off when you're not using them.
- Check at least once a day - maybe before you go to bed!
- You can keep adding vampires to your list whenever you find new ones - they can be sneaky!
- How many can you/did you find?



Design Your Own Energy Saving Poster!

Make a poster to remind you of the best ways to use less energy!
Stick them up in your home as a reminder for you and others.



Community
Integrated
Care



takingchargeenergy.co.uk

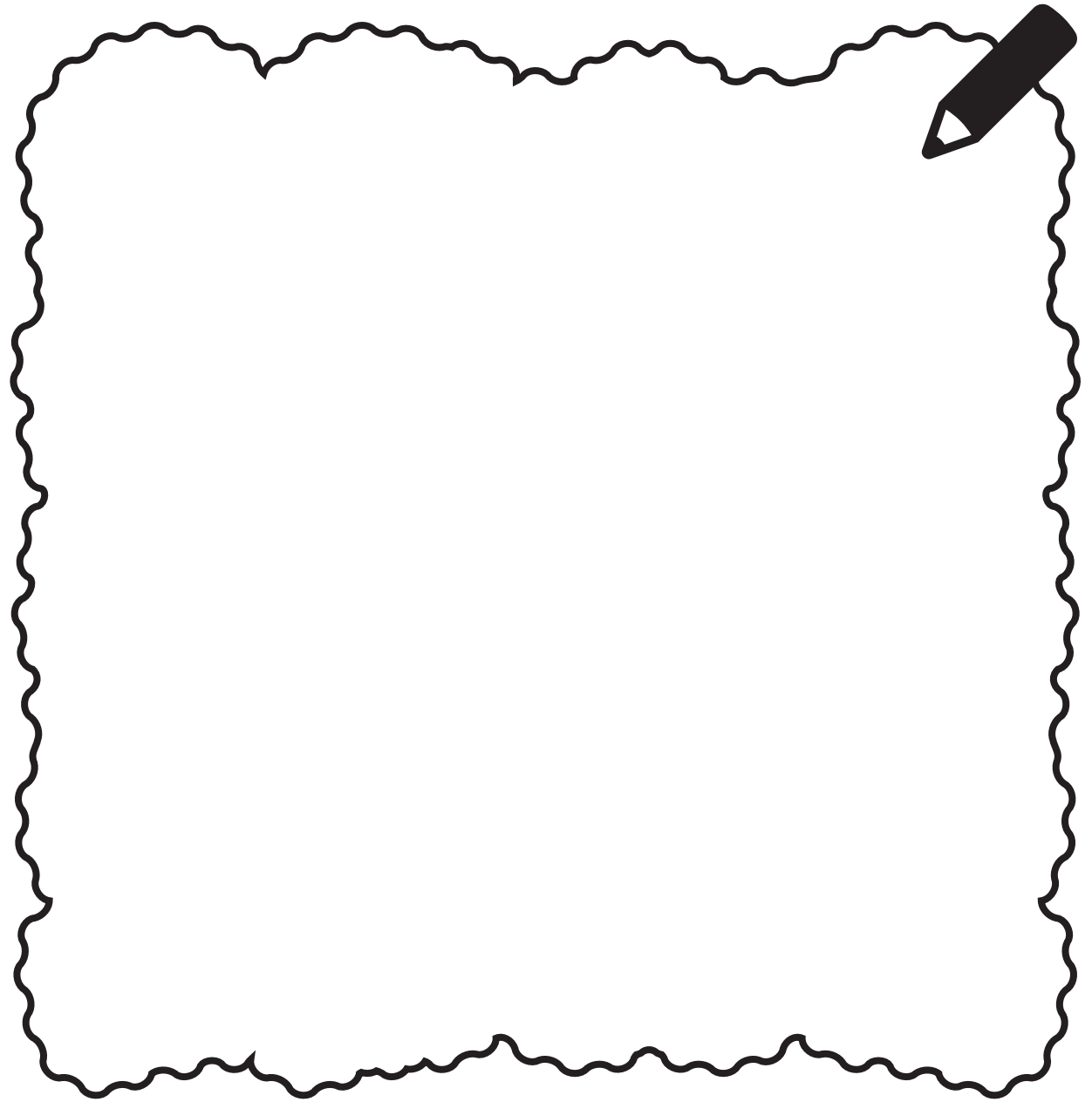
I'm taking charge because...

Show or tell us why you want to Take Charge of your energy bills.

What would having some extra money mean to you?

- Things that you would like to do
- Places you would like to visit
- Items that they would like to own

For example, Oliver wants to take charge so that he can buy more X-Box games, and go for hot chocolate with his niece and nephew.



Taking Charge Challenge

Slay Those Vampires!

Find your own vampires devices, and turn them off.

Kitchen

- _____
- _____
- _____
- _____
- _____
- _____

Bedroom

- _____
- _____
- _____
- _____
- _____
- _____

Living Room

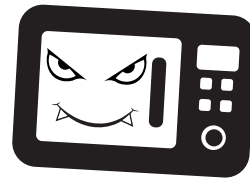
- _____
- _____
- _____
- _____
- _____
- _____

Bathroom

- _____
- _____
- _____
- _____
- _____
- _____

Other

- _____
- _____
- _____
- _____
- _____
- _____

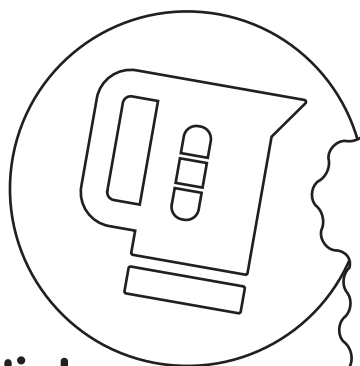


Vampire Devices

are things that are **switched on at the plug, but aren't being used that cost you money**

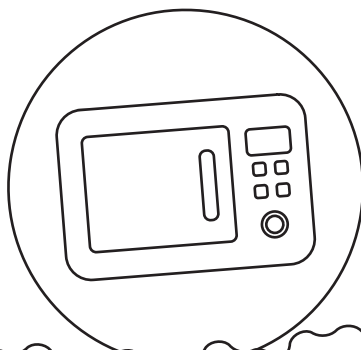
For example, in the kitchen, the microwave is turned on, but nobody is using it.





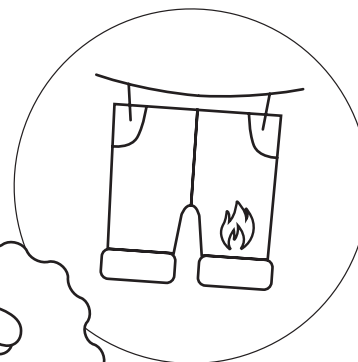
Hot tip!

When making tea or coffee, use your mug to measure how much water to put in your kettle



Microwave! It's a sucker!

Turn devices off at the plug



Hang in there!

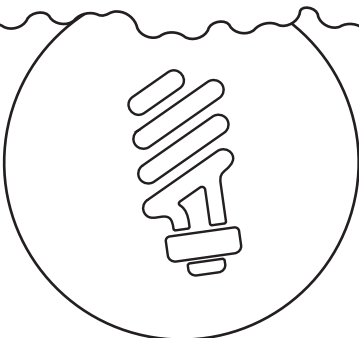
Dry your clothes on a maiden or washing line when you can

TAKING CHARGE



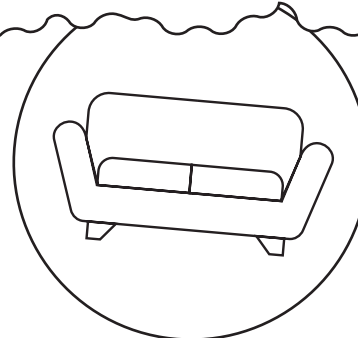
Save loads on your loads!

Use the eco setting when you wash your clothes



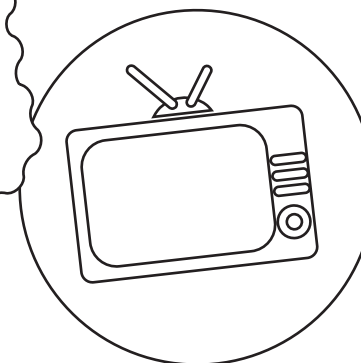
Bright idea!

Swap your old bulbs for LEDs



Scooch over!

Pull your couch away from the radiator to keep your room warmer

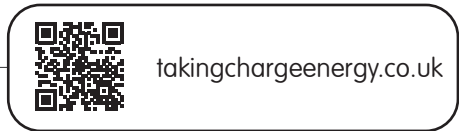


Watch it!

Turn your TV off at the plug when you're not watching



Community
Integrated
Care



takingchargeenergy.co.uk

Taking Charge Quiz


Let's test your energy-saving knowledge! If you need to remind yourself of our Taking Charge tips you will find guides and videos at www.TakingChargeEnergy.co.uk

Answer our questions below with true or false.




Showering for 4 minutes can save you money.

True False



Using the Eco setting on your washing machine will get your clothes clean and save you money.

True False




Leaving the TV turned on at the plug when you're not watching it does not use energy.

True False

Leaving the bathroom light on every night costs money.

True False



You should fill the kettle to the top when you want a cup of tea.

True False