



### **About this guide**

This guide offers some short informational messages that you can use on your website. You can use the messages or make up your own.

Please help spread the message this winter about Green Mosques, energy saving, Priority Service Register and Smart Energy.

**Green Mosques is helping the Islamic Community across London save energy and reduce bills. Due to the fact that around two-thirds of the Islamic community suffer disproportionately from fuel poverty this work is especially important for this community. The Smart Meter Rollout can help this group as it can help them to manage their energy consumption and manage their bills.**

### **This guide will inform people about**

- ✓ **Smart Meters** – can help you manage your bills by showing you accurate energy consumption throughout the home. Your energy supplier can fit one now to provide more accurate billing. Give them a call.
- ✓ **Priority Service Register (PSR)** – Signing up to the PSR can get you special help when your caught in a power cut. It is important to encourage vulnerable groups to sign up to this register.
- ✓ **Developing energy resilience** – This is for everyone! Anyone can benefit from energy saving tips
- ✓ **'Switching'** – Save up to £360 from switching tariff, supplier or payment method by phone or online today

### **It is good to save energy because. . .**

1. **The Prophet Muhammad said**, 'Do not waste water, even if you have a whole river'. The same applies to energy. It's the principle that counts
2. **It is important to educate the family and set an example for young people**
3. **No resource is infinite** and there are more of us than ever in the world who need to share everything.
4. **Islamic communities suffer disproportionately** when it comes to fuel poverty. It is the case that two thirds of people are paying too much for their energy.
5. **The cheapest energy is the energy we don't use** – keep fuel bills low is to use less energy as we cook, clean and heat our homes

**We have also included a section on Energy Resilience**

## 1. Leading from the Prophet.

*The Prophet Muhammad said, 'Do not waste water, even if you have a whole river'. The same applies to energy. It's the principle that counts*

**Prophet Muhammad, peace and blessings be upon him, said “Don’t waste water even if you are on a running river”.**

The same is true for energy; we should not use more than we need, for to use something we do not need is wasteful. The Smart Meter Rollout – a campaign promoted by the UK Government – offers a chance to think more about energy consumption. Having an in-home display that can show energy consumption on an almost real time basis can encourage us to conserve the resources that we have today.

If you’d like to know more about how you can get a Smart Meter read more here: [www.smartenergygb.org/](http://www.smartenergygb.org/)



### Energy related Tips:

- The Priority Service Register (PSR) is a free service by [ukpowernetworks.com](http://ukpowernetworks.com) that provides special help to vulnerable groups in an event of a power cut - you can share this with your friends or neighbours so that they can help others to sign up to the register.
- Adding insulation (such as loft inclusion or cavity wall insulation) to your home decreases the amount of draught coming in and reduces the amount heat from going out of your home. Simple, low cost measures such as draught-proofing tape and radiator panels are also available which you can easily install yourself.

## 2. Leading from family values

*It is important to educate the family and set an example for young people*

It is important to educate the family, teach responsibility and set an example for young people. Energy efficiency and money management in the home are a great place to start. The new in-home display on the Smart Meter allows you to see how gas and electricity is used at an almost real time basis within the home. With this new interactive technology you'll be able to discuss and make decisions about how to manage energy at home with all of the family. You can learn more about Smart Meters here: [www.smartenergygb.com](http://www.smartenergygb.com) or alternatively you can watch short informational videos here: <https://www.youtube.com/smartenergygb>



### Energy related tips for the family:

- The family can look at fuel bills together and decide which areas they'd live to save the most energy on (this will improve both math and problem solving abilities of the kids)
- The family can play energy saving games for example:
  - When a member of the household leaves the lights on they can put a penny in an 'energy saving' jar (that can be decorated by the children)
  - The person who has the shortest time in the shower receives a prize (tally the points up throughout the week and give the prize on the Friday)
  - Checking in on vulnerable family members, for example: Making sure the baby isn't overheating or making sure elderly members are layering up and staying warm

**3. No resource is infinite and there are more of us than ever in the world who need to share everything.**

The use of natural resources (ni'matullah—the blessing of Allah) is a sacred trust invested in mankind. We are managers, not owners, beneficiaries not disposers.

Conservation of the environment awareness and protection of natural resources is an integral part of Islam. The Smart Meter Rollout, promoted by Smart Energy GB,

aims to uphold these ideals – by having an in-home display that monitors energy use in the home Smart GB are confident that it

will improve awareness of energy consumption and encourage more homes to conserve resources. If you want to know how you can do your part, read more about Smart Meters today: [www.smartenergygb.com](http://www.smartenergygb.com)



Simple but effective Energy saving tips:

- Electric showers will often be the appliance that uses the most in the house - buy a simple shower timer so that it can encourage members of the household to have a quick shower before work or school (you can even make a fun game out of it!)
- The oven can use a lot of energy if you don't use it effectively – Next time you cook a family roast try putting everything in at once and then as each item finishes cooking wrap it up using tin foil or containers so that it stays warm.
- Iron heavier items such as tops, trousers, and skirts and then as you turn the iron off you can use the heat coming off of the iron as it cools down to iron lighter items such as scarves and socks.
- Using a dishwasher saves water and heat by washing dishes all in one go – to make you get the most out of your dishwasher first wash the dishes then finally air dry dishes instead of using the drying function to save even more energy!
- Boil only the amount of water you needed for your cups of tea
- Cooking in big batches saves energy as you can save portions to heat up later in the week
- Try cutting up your food in smaller pieces – it will take less time to cook and therefore use less energy

**4. Islamic communities suffer disproportionately when it comes to fuel poverty. More than two thirds of people are paying too much for their energy.**

Equity, social justices (‘adl), public participation (shūra) are cornerstones in Islam. So when it comes to fuel poverty Smart Meters are a great way to ensure that every household pays a fair price on their energy bills. With the Islamic communities suffering disproportionately when it comes to fuel poverty it is even more important to share the knowledge you have and help someone you know to lower the cost of their energy bill this winter. To find out more about Smart Meters visit: [www.smartenergygb.com](http://www.smartenergygb.com)



Energy saving tip to share with others:

- The Priority Service Register (PSR) is a free service by [ukpowernetworks.com](http://ukpowernetworks.com) that provides special help to vulnerable groups in an event of a power cut - you can share this with your friends or neighbours so that they can help others to sign up to the register.
- Grants from various government schemes (such as the Affordable Warmth Scheme) can be available to help cover the cost of loft insulation as well as cavity wall insulation.
- If you are looking to replace your appliances, look for A-rated energy efficiency, this could range from your fridge to your lightbulbs
- Actively engage with energy companies – there may be cheaper tariffs available with other suppliers

**5. The cheapest energy is the energy we don't use** – keep fuel bills low is to use less energy as we cook, clean and heat our homes

*Those we've spoke to told us that as Muslim households you tend to have more people around, visiting or sharing meals. Because most rooms are being used at any one time, and there's a lot of cooking going on, it's even more crucial to be able to heat the house and use resources in an efficient way.*

Smart Meters can make all the difference in how we view energy and savings can be made everywhere and by anyone in the home. As we cook, clean and heat our homes we can make necessary adjustments to save a lot. By seeing what appliances use the most energy everyone in the family can take part in reducing their consumption and together will be able to make considerate changes to the way they use energy in the home. Take advantage of the Smart Meter Rollout and find out how you can save here:

[www.smartenergygb.com](http://www.smartenergygb.com)



General Energy Saving tips:

- Put on layers instead of turning up the heat – onesies are great for the kids while the adults might prefer a warm jumper.
- Open your curtains throughout the day to let the light and heat come in and then close curtains as soon as it gets dark to trap heat in
- Make sure to unplug appliances when you are not using them rather than leaving them on standby – you'd be surprised at how much you can save!

2 fun DIY tips:

- DIY tip: You can create and fit radiator reflector panels throughout your home to amplify the heat – tin foil does the trick!
- DIY tip: Exclude draughts from gaps around the windows and doors – these are very simple to make – all you need is an old towels or old clothes!