



# em power

Email: [ruby.farrell@ageukeastlondon.org.uk](mailto:ruby.farrell@ageukeastlondon.org.uk)

Tel: 07514 670 270



**Preventing damp  
in your home**



**Understanding  
energy bills**



**Reducing energy  
costs**

Empower You Too is a project helping people to be more energy efficient and save on energy costs in their home.

We train Energy Champions in Tower Hamlets, Newham, Hackney and the City to volunteer in their community and spread the knowledge they have learned about energy efficiency.

Empower You Too regularly runs free energy workshops and 1-2-1 sessions with people in the community – tailored to your individual needs, including:

- ◆ How to prevent damp & condensation
- ◆ How to reduce energy usage
- ◆ How to switch tariff/provider
- ◆ Understanding how heating controls work
- ◆ And much more!

If you are interested in finding out more or would like some free advice, please get in touch with Ruby, one of our project coordinators!