

Help save fuel

You can save on petrol and diesel by filling up in the right place and taking advantage of discounts.

Reducing fuel consumption

You can reduce your fuel consumption by some simple changes to your driving:

- Keep your tyres inflated at the correct pressure and check them regularly
- Declutter your car to keep it as light as possible
- Remove any roof box or rack to reduce drag
- Turn off air conditioning if you can and drive at lower speeds
- The less fuel your car has in it, the more

efficiently it drives. If you fill up slightly more often and put less in (a half or three-quarters full tank), it will make the car run more efficiently. However, if you come across a great deal at a forecourt, consider taking advantage and filling your tank – it may be a greater saving

- Use cruise control on motorways and dual carriageways if you have one
- Car or lift share with your colleagues or friends.

There are lots more tips on driving efficiently here: moneysavingexpert.com

Reducing your home energy bills

There is plenty of guidance out there to help households use less energy.

There are some good tips here

moneysavingexpert.com

The Energy Trust are experts in this area and can provide more technical guidance, especially if you are considering changing your fuel source, looking at solar panels or heat pumps. They also provide advice on roof and loft insulation, as well as draught proofing.

You can find more information here:

energysavingtrust.org.uk

Need more help?

Our [Employee Assistance Helpline](#) can provide you and your family with counselling and advice covering a variety of personal, family or workplace issues. All calls are free and confidential. Call 24 hours a day on [0800 328 1437](tel:08003281437); visit

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employeeassistance.org.uk (the access code is SREAP); or find out more by logging into PeoplePerks.

We're also partnered with the Retail Trust to provide specialist emotional and physical support for retail colleagues. You can access this through your PeoplePerks account; via the trust's free and confidential 24-hour helpline on [0808 801 0808](tel:08088010808); or by email at helpline@retailtrust.org.uk. Our package for retail staff includes a host of



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wellbeing features, which are available at myrtwellbeing.org.uk.

Our PeoplePerks site is full of education, support, tools and activities to help your wellbeing. It includes a specific area on wellbeing, including financial wellbeing. Log in at peopleperks.co.uk. If you don't have a username or have forgotten your details, email the People Administration team at peopleadmin@sueryder.org or call 01491 640905 for support.

The [Wellbeing Resource Page](#) on [RyderNet](#) has huge amounts of support and information, including more printable

wellbeing guidance sheets like this. There are also signposts to external resources and support from other organisations. If you want to learn more about wellbeing and mental health issues, the [Learning and Organisational Development team](#) offers a variety of training and development options including e-learning packages, qualifications and training for line managers. Email the team at learningteam@sueryder.org.

We also have around [70 Mental Health First Aiders](#) across Sue Ryder. To find their details, please visit the [Wellbeing Resource Page](#) on [RyderNet](#).

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