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Oldies show how to keep warm: study

DESIREE SAVAGE

THE secrets to staying warm this winter without spending big on the electricity bill could lie with grandma and grandpa, according to a new study from the University of Wollongong and Macquarie University.

Researchers picked the brains of low-income residents aged 60 and above in the Illawarra, Southern Highlands and Shoalhaven to assist a program looking into different ways to support energy efficiency in the home without compromising comfort.

"[Some] people told us how they wrap themselves up in a blanket in winter because they thought this was the sensible thing to do to stay warm and thrifty," said Energy+Illawarra pro-

ject leader Dr Ross Gordon. "They pointed out how younger people were often wasteful of money and energy by not turning off lights, heaters or unplugging television sets and microwave ovens."

He said in most instances the thought of turning on a heater for long periods was wasteful, while some reported only switching it on when they had visitors.

Jeanette de Langen, of Albion Park Rail, participated in the study and said if more people tried to save energy the country would be better off. Alan Bell, of

Huskisson, said he was brought up to be energy conscious, and admitted cost was a factor whenever he and his partner did anything because they

were on a fixed income.

Illawarra Mercury readers shared their energy saving tips via Facebook with exercise, hot soup and extra padding popular.