

TOP 10 TIPS ENERGY SAVING IN THE HOME

1 Stop overpaying for your energy

If you haven't switched energy supplier in a while, the chances are you have been moved to an expensive tariff. Compare gas and electricity prices to make sure you're on the cheapest tariff for you. It only takes a few minutes, it's free and you could save hundreds of pounds a year.



2 Use low-energy light bulbs

Replacing your lightbulbs with low-energy equivalents can make a huge difference to your energy bill. For instance, **LEDs can use 90% less energy** than standard lightbulbs. Don't be put off by the higher prices, they last up to 12 times longer and the technology today means they are as bright as traditional bulbs and don't need to 'warm up.'



3 Programme your heating

Ensure you have a **programmable thermostat**, and are using it! By setting your heating to come on 15 to 30 minutes before you need it and switch off half an hour before you leave or go to bed, you will heat your home much more affordably.

4 Turn down your thermostat

Turning down your heating by **just one degree** could cut your heating bill by up to 10% and save you around £85 per year.



5

Keep the heat in and the cold out

You lose a third of your heating through the walls of your home, so insulating them is one of the best ways of saving energy without having to think about it! Installing cavity wall and loft insulation could reduce your bill by £225 a year. Our advice line can help you find out whether you would be eligible for a grant, or even free insulation.



6

Draught-proof your home

Block out as many draughts as you can. Start by checking door frames, letterboxes, windows, loft hatches and floorboards. Fully draught-proofing your home could save an average of £55 a year, not to mention how much cosier it'll be!

7

Shrink your bills, not your clothes

Ninety percent of a washing machine's energy is spent heating the water, so if you wash your clothes at 30-40°C instead, you're saving significant amounts of money.



8

Insulate your hot water tank

If your home has a hot water cylinder, an insulation jacket costs around £15 and can save £45 a year on your heating bill – so it pays for itself in less than six months!

9

Save in the kitchen

Boiling only as much water as you need and using a bowl to wash up instead of running dishes under the tap can saves both energy and water. Regularly defrosting your fridge and freezer helps it run more efficiently too.



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Speak to Warm & Well

There is often grant funding available to help you make your home more energy efficient, including installing boilers, insulation and central heating. Speak to an *Energy Advisor* on 0800 500 3076, where you can also arrange a free home visit to look at specific ways you can save energy at home.