

# ENERGY SAVING TIPS FOR THE HOME

## HEATING

1. Run your heating for an hour less each day. Even using a little less energy each day adds up to savings over time
2. Turn your thermostat down a little ... One of the simplest ways to save energy is by turning your heating down a single degree. You might not think such a small amount would make much difference – but according to the Energy Saving Trust lowering your thermostat from 20C to 19C (for example) can save 10% on your heating bill. Turning your thermostat down just one degree could cut bills by about £145 a year, the Energy Saving Trust says. This is based on a semi-detached house with the heating on between 7am-9am and 4pm-11pm on week days and between 7am-11pm at weekends. In smaller homes, like a terraced house or a flat, the savings will be lower.
3. Turn the heating flow temperature down. Your combi boiler probably has the flow temperature set to 80 degrees, but lower temperatures of 60 degrees are not only sufficient to heat your home up to the same level but actually improves the efficiency of your combi boiler.
4. Don't heat empty rooms. Individual radiator thermostats mean you can adjust the temperature in each room accordingly
5. Bleed your radiators ... Getting more surface area heat out of your radiators and reducing cold spots can help lower the amount of energy they need.
6. Fit radiator reflector panels on exterior walls ... Reflector panels behind your radiators can direct more heat into your rooms making them warmer. They're relatively cheap and easy to install. You can achieve a similar effect for even less money by putting aluminium foil on the wall behind the radiator.
7. Close the curtains ... Heat starts to escape when the sun goes down. Draw curtains or close blinds to keep the warmth in – especially if you have older windows.
8. Keep doors between adjoining rooms shut. This way, you stop the heat from scaping.
9. Draught-proof windows and doors ... It's relatively cheap and simple to draught-proof your home using materials from a DIY store. You can get rolls of draught-excluding foam tubing for windows. And to stop cold air getting in through your front door, consider a draught brush for the letterbox and maybe a cover for the keyhole.
10. Big furniture close to your radiator can stop heat reaching the room. Move them an inch or two away for better air circulation and your rooms will be warm and cosy much faster.

## LIGHTING

1. Replace your lights ... LED and smart bulbs use low energy tech and are far better for your energy bills and the environment. They're more expensive to buy initially but they use much less electricity. Switching to LED bulbs can make a big difference. A household using a dozen 40W incandescent or halogen bulbs for four hours a day could spend about £238 per year... Estimates suggest - LED equivalents would cost £41.70 - a saving of £196.30 a year.
2. Switch off the lights ... Remember when your parents told you to turn the lights off when you left a room? They had a point. Getting everyone in the habit of only lighting rooms that are being used can help you save around £20 on your annual energy bills.

## KITCHEN

1. Keep your oven closed ... Opening the door when food's cooking lets heat out and uses more energy. It slows down cooking too – so use the window to check on food instead.
2. Defrost your fridge and freezer ... Regularly defrosting your current fridge and freezer keeps ice under control and keeps everything working efficiently.
3. Consider energy ratings when buying new appliances ... If you're renewing any appliances in the kitchen, check the energy ratings of the models you are looking at. Choosing more energy-efficient options can be a way of making long-term savings. For example, choosing a D rated fridge freezer over an F rated one may cost more initially, but could save you around £570 in energy bills over its lifetime.
4. Make better use of appliances - washing machines and tumble dryers can be energy hungry. But there are ways to use them efficiently.
5. Run your dishwasher when it is full to reduce the amount of water you use. Reducing your dishwasher use by one run per week for a year could save you £17.
6. Use any eco settings and turn your washing machine down to save water and energy if clothes aren't that dirty ...
7. Dry your laundry outside where you can, instead of using an energy-hungry tumble dryer ...
8. Avoid drying clothes on radiators – it just makes your boiler work harder ...
9. Use eco-balls in your tumble dryer to spread your clothes so they dry more quickly ...
10. Washing clothes at 30 C and using one less cycle a week could save £28 a year, according to the Energy Saving Trust

## ENERGY SAVING COOKING

Cooking typically accounts for around 13.8% of electricity demand in UK homes so cooking your favourite meals a little more efficiently can make a significant difference and all the family can get involved.

1. Use an air fryer, pressure cooker or microwave instead of an oven. Ovens can be an inefficient way of cooking as they involve heating a relatively large space. Using a microwave, pressure cooker or air fryer instead could save money ... For example, since 1 October it costs 3p to heat up a frozen ready meal in a 800W (watts) microwave for seven minutes ... It would cost 40p for 35 minutes in a 2000W oven - energy efficiency website Sust-it estimates.
2. Microwaves usually save energy as they cook faster. For example, a baked potato could take 90 minutes in an oven, 45 minutes in an air fryer and 10 minutes in a microwave.
3. Avoid overfilling the kettle and save yourself £13 a year on your electricity bill.

## APPLIANCES

1. Unplug your devices - your phone, tablet or TV still use energy on standby. Avoid paying for energy you don't use by unplugging them when you can. You can save around £55 a year just by remembering to turn off your devices and appliances when you're not using them.
2. A standby saver or smart plug which allows you to turn all your appliances off standby automatically will save energy.

## BATHROOM

1. Change your showerhead. A low-flow design still gives you a satisfying shower but uses much less hot water ...
2. Take shorter showers ... A typical household with gas heating will see about 12% of its energy bill used to heat water for showers, baths and taps, the Energy Saving Trust says ... However, if you have a power shower the saving could be less as you'll use more hot water.
3. Cutting your shower time from eight to four minutes could save £70 a year. This is based on five showers a week.
4. Get an extractor with a timer. Running your bathroom fan for more than 20 minutes can waste energy and money.

## HOME IMPROVEMENTS THAT SAVE ENERGY

1. Insulate your loft ... About 25% of the heat loss in your home happens through the roof, so adding insulation could cut your heating bill dramatically. Again, it's worth checking the latest from the government to see if help is available.
2. Cavity wall insulation ... If your house was built before the 1990s, you could be losing up to a third of your heat through the walls. So, ask a builder about cavity wall insulation. It could help you cut your energy bills – and keep your house warm and cosy all winter long.
3. Replace your boiler ... Boilers usually last from 10 to 15 years. So, if yours is getting on a bit, it might be time to upgrade to a more energy-efficient model. If you live in a detached house and replace your old gas boiler with a new A-rated condensing boiler and thermostatic controls, you could save from £260 to £580 a year.

## SUMMER

1. Keep the curtains open for as long as you can and let the natural light in
2. Switch the lights off in rooms you're not using and swap to LED bulbs
3. Open windows and internal doors to let natural ventilation flow through instead of using an electric fan
4. Defrost your fridge to keep ice under control and make sure it's working efficiently
5. Dry your laundry outside or on a rack instead of using the tumble dryer
6. Take a four-minute shower instead of a bath
7. Wash your laundry at 30°C and avoid half loads
8. Remember to switch your appliances off standby
9. Turn your heating thermostat down
10. Get your boiler serviced ready for winter.

*If you have any questions or require information, that is not covered by the contents of this leaflet, please email [qmcostoflivingcrisis@gmail.com](mailto:qmcostoflivingcrisis@gmail.com) or leave your question in the suggestion box in St Giles Church.*

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