

**TOP  
10  
TIPS**

# **Saving energy in the home**

## **1** Programme your heating

Make sure you have a programmable thermostat and are using it! If you're not sure how to do this, you should be able to find manuals for most thermostats online, or ask our energy advisors to help.



## **2** Turn down your thermostat

Turning down your heating by just one degree could cut your heating bill by up to 10%. Avoid using plug in heaters if possible, they are expensive to run.



## **3** Turn things off

Get into the habit of turning off appliances and lighting that you're not using. Turn lights off when you go out of the room or during the day and don't leave appliances like bathroom extractor fans on for long periods as they use a lot of energy.



## **4** Use low-energy lightbulbs

Replacing your lightbulbs with low-energy equivalents can make a huge difference to your energy bill. LEDs can use 90% less energy than standard lightbulbs.



## 5 Shrink your bills, not your clothes

Ninety percent of a washing machine's energy is spent heating the water, so wash your clothes at 30–40°C instead. This will help look after your clothes for longer and save you money.



## 6 Save in the kitchen

Dishwashers are normally more efficient than washing up by hand (but make sure you're putting on a full load). Microwaves are much more efficient for reheating leftovers than putting them in the oven.



## 7 Insulate your hot water tank

If your home has a hot water cylinder you can insulate the tank to keep your water warm for longer.



## 8 Keep the heat in and the cold out

Insulation is one of the best ways of saving energy. Draft-proof your home wherever you can feel cold spots. We can often help fund this.



## 9 Get smart

Smart meters are offered free of charge by most energy companies. You can use them to watch in real time what you are using and spending, and they can stop you being under or overcharged by estimated bills.



## 10 Speak to Warm and Well

There is often grant funding available to help you make your home more energy efficient, including installing boilers, insulation and central or low-carbon 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.

Call  
**0800  
500 3076**