

Saving energy saves money

Tips for lower energy bills

Easy-to-do tips to help you reduce the amount of energy you use, and cut the amount you spend on your gas and electricity.

Your heating and hot water

This is probably where most of your energy bill goes, so make sure you're not being wasteful!

1) Make sure furniture isn't in the way of your radiators; it will absorb the heat.

2) Turn down the radiators in rooms you don't use much. Use your central heating timer to turn the heating off entirely overnight and when no one is around.



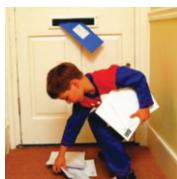
3) Keep the heat in. Close the curtains when it's getting dark and tuck them in behind the radiator. Shut the doors to rooms you use most.

4) Turn your heating down by 1 degree. Save 10% on your bills. Don't go below 18°C if you have health concerns, are elderly or have small children.

5) Don't leave your hot water heating on all the time! Instead set the timer to heat it up for a couple of hours each morning (or at night).

6) Dodge the draught!

Fit draught-excluders to your front door, letter box and key hole



7) Stay warm with a hot water bottle – it's much cheaper than running an electric blanket for the whole night.



Your appliances

Energy smart technology can save you money in the long term

1) Don't use a remote control to turn things off. Press the button on the device or turn them off at the plug. Save £50 to £90 a year by not leaving appliances on standby.



2) Be a friend to your freezer. Defrost it regularly and keep it as full as you can to help it run more efficiently.

3) If you wait until you have a full load for your washing machine or dishwasher you'll clean your clothes and dishes for less



4) Replace old light bulbs. Choose energy efficient ones, or LED ones that use 90% less electricity.

5) Buying a new TV, washing machine or dishwasher? Look out for the Energy Saving Trust 'recommended' logo, and remember: the bigger the TV, the more energy it'll use.



6) If you need to dry clothes inside, don't dry them on radiators. Hang them on a clothes horse near an open window, and close the door (this helps prevent mould too).



7) Borrow an energy monitor from your local library – this shows you how much energy you're using and can help you work out how to cut down.

Turn over for more energy saving tips

In the kitchen

You can save energy in the kitchen, even while preparing great food

- 1) Keep lids on your saucepans.** You'll be able to turn the hob down and use less electricity or gas.
- 2) Try it on for size.** Match the sizes of the saucepan and hob ring you're using.
- 3) Keep the oven door shut as much as possible when you're cooking** – every time you open it you lose a quarter of the heat.



- 4) When boiling water, only fill the kettle with as much as you'll actually use** (but make sure you cover the metal element at the base).

- 5) Zap it!** Use a microwave for small items of food and reheating things, rather than the oven.
- 6) Make a big batch.** Cook more than one meal at a time and freeze it for another day.

- 7) Boiling water for pasta, rice or vegetables?** If you cook on an electric hob, it's more efficient to boil the water in the kettle first.



Other money savers

The **Warm Home Discount** is a rebate on the household electricity bill (£150 for the winter of 2024-25).

A **Winter Fuel Payment** of between £100 and £300 is available if you were born on or before 23 September 1958.

Cold Weather Payments are made when your local temperature is either recorded as, or forecast to be, an average of 0°C or below over seven consecutive days.

Social tariffs and fixed term agreements might be available to cut costs for low income or vulnerable households. Some energy suppliers have trust funds to aid people significantly behind on payments. If you receive any type of benefit or are on a low income, it's worth calling your supplier to check your eligibility.

And don't forget about switching your gas or electricity supplier to find a better deal. The Centre for Sustainable Energy has formed a partnership with energyhelpline to make switching energy supplier easier.

See www.cse-switch.org.uk



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When the office is closed, calls will be transferred to our 24/7 out-of-hours service. (Please note, all calls may be recorded for training and/or monitoring purposes.)

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