

# Ways to **SAVE** - Energy

As winter sets in, we all like our homes to be as cosy as possible, but keeping the cold out and the warmth in can be tricky. Use our energy saving tips to help you keep your home warm, whilst keeping your energy costs down.

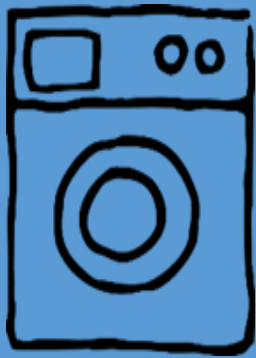
## Here's our top 6 ways to reduce the cost of your energy:



- Use energy-efficient appliances: Look for A+++ rated appliances and consider upgrading older appliances.
- Configure your thermostat - Lowering your thermostat by two degrees can save up to five percent on your heating bill.
- Insulate your home: Insulation helps maintain a steady temperature, which reduces energy consumption and the chances of condensation and damp damage.
- Change your lightbulbs: Energy-saving lightbulbs use around 80% less energy and last up to 10 times longer than regular lightbulbs.
- Replace your boiler: An annual boiler service can help ensure your boiler is operating efficiently and prevent heating fuel wastage.
- Use your dishwasher: Dishwashers are more energy-efficient than hand-washing

## Our TOP 3 small changes to save annually on your energy

1. Use a bowl in the sink to reduce water waste, and rinse dishes with cold water NOT hot.
2. Spend 1 less minute in the shower each day and save on average £10 each year on your energy bill, and around £17 on your water (if you're on a water meter).
3. The biggest savings can be made from unplugging games consoles, as these can cost as much as £32 a year to keep on standby. Gaming PCs (£21), TVs (£14) and desktop computers (£18) are also big secret energy 'drainers'.



# Other ways to **SAVE**

## Our top tips for saving energy whilst doing your laundry

- **Wash a full load:** Avoid doing several small loads, as this is inefficient.
- **Wash at the right time:** Check your energy account to see when your tariff rate is lowest
- **Use energy monitoring plugs:** These plugs can tell you how much electricity your appliances are using.
- **Washing clothes at 30°C:** Save up to 60% on energy costs compared to higher temperatures.
- **Pre-treat stains:** Pre-treating stains before washing can help reduce the amount of energy needed to wash your clothes.

## Draught-proofing

Draught-proofing is one of the cheapest and most effective ways to save energy and money – in any type of building.

To draught-proof your home, you should block up unwanted gaps that let cold air in and warm air out.

Saving warm air means you'll use less energy to heat your home, so you'll save money as well as making your home snug and warm.

The best place to start is with the windows. For windows that open, buy draught-proofing strips to stick around the window frame and fill the gap between the window and the frame. There are two types:

- Self-adhesive foam strips – these are cheap and easy to install, but may not last long.
- Metal or plastic strips with brushes or wipers attached, which are long-lasting, but cost a little more.
- Make sure the strip is the right size to fill the gap in your window. If the strip is too big, it will get crushed and you may not be able to close the window. If it's too small, there will still be a gap.

For more ways to draught-proof your home, visit <https://energysavingtrust.org.uk/advice/draught-proofing/>

Why not try making your own recycled draught excluder: <https://www.theguardian.com/lifeandstyle/2010/jan/05/how-to-make-draught-excluder>