

ENERGY SAVING HINTS AND TIPS – SAVE UP TO £350

Keep Heat In

- Close curtains at dusk to retain heat. Tuck curtains behind radiators so warm air can circulate into the room. Save up to £15 per year.
- Open curtains during sunny periods to make the most of free solar heat.
- Hang heavy curtains over front and back doors to reduce draughts.
- Move furniture away from radiators to allow heat to circulate effectively.
- Fit foil reflector panels behind radiators to reflect heat back into the room. Save up to £10 per year.
- Draught-proof windows, doors, loft hatches, floorboards and skirting boards. Up to 20% of household heat can be lost through draughts. Fit letterbox and keyhole covers too. Save up to £30 per year.
- Do not dry clothes on radiators. This reduces heat output, increases heating costs and can contribute to damp and mould.

Heating Controls

- Lower your thermostat by 1°C and save up to £75 per year.
- Avoid using electric fan heaters where possible. They can be more expensive to run than central heating.
- Set Thermostatic Radiator Valves (TRVs) according to room use:
 - Hallways: lower setting (e.g. 2)
 - Living rooms: higher setting (e.g. 4)
 - Kitchens: lower setting, as cooking naturally adds heat

Lighting and Electrical Appliances

- Avoid leaving appliances on standby. Save £50–£80 per year.
- Replace old bulbs with LED bulbs. Save up to £30 per year and around £360 over the bulb's lifetime.
- Switch off lights when not needed. Avoid unnecessary ambient, outdoor and decorative lighting. Save up to £14 per year.
- Use your smart meter's in-home display to monitor energy consumption.
- Typical electricity costs:
 - TV: around 2p per hour
 - Games console: around 3p per hour
 - Iron: around 10p per hour



Kitchen Tips

- Only boil the water you need in the kettle. Save up to £8 per year.
- Use the correct-sized pan for the hob ring and always use pan lids. This can reduce energy use by around 4% and helps prevent excess moisture in the home.
- Chop food into smaller pieces to reduce cooking times.
- Microwaves typically use less electricity than conventional ovens.
- Use a slow cooker where appropriate. Running costs are approximately:
 - Slow cooker: 3p per hour
 - Conventional oven: 14p per hour
- Use glass or ceramic cookware where possible, as they retain heat better than metal.
- Defrost frozen food in the fridge overnight instead of using the microwave.
- Avoid leaving the fridge door open, as it can take up to three times longer to return to its correct temperature.
- Keep your freezer well stocked (even with bread or bottles of water) to improve efficiency.

Laundry and Dishwashing

- Wash clothes at lower temperatures and only run full loads. Save up to £20 per year.
- Wring out or spin clothes thoroughly before tumble drying.
- Clean tumble dryer filters regularly and air-dry clothes whenever possible.
- Only run dishwashers with full loads. Save up to £10 per year.

Water Saving

- Turn off taps while washing up or brushing your teeth. This can save up to 3 litres of water per minute and up to £15 per year.
- Choose a shower instead of a bath. Save up to £10 per year on water and heating costs.
- Reducing shower time to 4 minutes could save up to £45 per year.
- Repair dripping taps. A single dripping tap can waste around 5,300 litres of water every year.

By making a few simple changes around the home, households can reduce energy use, lower bills and improve comfort throughout the year.