



The Energy Saving Trust calculates the average household in England could save up to £650 per year by putting in place some simple energy saving tips.

It is also really important to understand your energy bill. It can be very confusing but there is a brief guide available on the Energy Saving Trust website along with lots of other helpful information

www.energysavingtrust.org.uk

If you are struggling to pay your energy bills or want to check if there are grants and benefits to help you pay your energy bills, contact your local Citizens Advice Bureau for support:

www.citizensadvice.org.uk

Additional guidance on keeping warm, reducing your bills and benefits advice contact:

www.nea.org.uk

www.bhbh.org.uk

www.yesenergysolutions.co.uk

Energy Saving Guidance



Free guidance on quick and easy no cost energy saving actions in the home

Delivered in conjunction with guidance from



Switch off appliances on Standby

Save up to £65



Almost all electrical appliances can be turned off at the plug without upsetting their programming. You could get a standby saver or smart plug which allows you to turn all your appliances off standby in one go.

Some satellite and digital TV recorders may need to be left plugged in so they can keep track of any programs you want to record.

Draught-proof windows and doors

Save up to £125



You will lose some heat through draughts around doors and windows, gaps around the floor, or through the chimney. DIY draught proofing can be affordable and keep your curtains and blinds drawn to stop heat loss.

Turn off Lights

Save up to £89



Turn your lights off when you're not using them or when you leave a room. Leaving one standard 60W light bulb on all day (12 hours) could cost you 24.5p per day, that's £89.50 per year – for just one light bulb!

Replacing all the lights in your home with LED bulbs could help you save even more.

Check your heating

Save up to £300



Turn down your boiler's flow temperature to 60 degrees for up to £100 per year saving. Turning your thermostat down by only 1 degree can save up to £130 per year. Turn down or turn off radiators in less or unused rooms.

Insulate your hot water cylinder, you can benefit from increasing the insulation to a British Standard Jacket 80mm thick, saving £70 a year in the process.

Wash wisely

Save up to £115



Keeping your shower time to just 4 minutes could save a typical household £95 a year on their energy bills. You could buy an energy saving shower head which keeps pressure and flow whilst using less water.

Swapping one bath a week with a 4-minute shower could save you £20 a year on your energy bills.

Avoid the tumble dryer

Save up to £70



Avoid using a tumble dryer for your clothes as it is one of the most energy 'hungry' devices in your home! If you do use it, don't overfill or dry clothes on racks inside where possible or outside in warmer weather to save £70 a year.

Careful with your washing

Save up to £40



You can save on your energy bill just by using your washing machine more carefully:

- Use your washing machine on a 30-degree cycle instead of higher temperatures
- Reduce your washing machine use by one run per week for a year

Be clever in the kitchen

Save up to £93



Avoid overfilling the kettle and save yourself £46 a year on your electricity bill. You could fit an aerator onto your kitchen tap to reduce the amount of water coming out without affecting how it washes or rinses. They are cheap and easy to install – and could save you £30 a year.

Only 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.