



# BIG ENERGY SAVING WEEK

22-28 JANUARY

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## Top ten energy saving tips

Take a look at our quick tips to reduce your energy bills



### Switch off standby

You can save around **£30 a year** just by remembering to turn your appliances off standby mode. Almost all electrical and electronic appliances can be turned off at the plug without upsetting their programming. You may want to think about getting a standby saver which allows you to turn all your appliances off standby in one go.



### Get a water efficient shower head

If you've got a shower that takes hot water straight from your boiler or hot water tank (rather than an electric shower), fit a water efficient shower head. This will reduce your hot water usage while retaining the sensation of a powerful shower.

A water efficient shower head could save a four person household (e.g. a family of four or even a shared student flat) as much as **£75 a year** on gas for water heating, as well as a further **£120 on water bills** if they have a water meter.



### Spend less time in the shower

Spending one minute less in the shower each day will save up to **£7 off your energy bills each year**, per person. With a water meter this could save a further **£12 off annual water and sewerage bills**. If everyone in a four person family did this it would lead to a total saving of £80 a year.



### Understand your bill

The information on a typical energy bill can be confusing. But it's important to understand which tariff you are on and if another tariff or supplier can offer you a better deal. Check online using the [Citizen's Advice price comparison tool](#), and you could save **up to £300** by switching to a cheaper tariff or supplier.



### Switch to LEDs

You can now get LED spotlights that are bright enough to replace halogens, as well as regular energy saving bulbs ('compact fluorescent lamps' or CFLs). They come in a variety of shapes, sizes and fittings. If the average household replaced all of their bulbs with LEDs, it would cost about £100 and save about **£35 a year** on bills.



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### Turn off lights

Turn your lights off when you're not using them. If you switch a light off for just a few seconds, you will save more energy than it takes for the light to start up again, regardless of the type of light. This will save you around **£14 on your annual energy bills**.



### Careful in your kitchen

You can save around **£37 a year** from your energy bill just by using your kitchen appliances more carefully:

- ✔ Use a bowl to wash up rather than a running tap and save **£25 a year** in energy bills.
- ✔ Only fill the kettle with the amount of water that you need and save around **£7 a year**.
- ✔ Cutback your washing machine use by just one cycle per week and save **£5 a year** on energy.



### Take control of your heating

More than half the money spent on fuel bills goes towards providing heating and hot water. Installing a room thermostat, a programmer and thermostatic radiator valves and using these controls efficiently could save you around **£75 a year**. If you already have a full set of controls, turning down your room thermostat by just one degree can save around **£80 a year**.

Whatever the age of your boiler the right controls will let you:

- ✔ Set your heating and hot water to come on and off when you need them
- ✔ Heat only the areas of your home that need heating
- ✔ Set the temperature for each area of your home



### Get savvy with smart controls

Smart heating controls are the latest innovation to help you control your heating and understand your energy use. They allow you to control your heating remotely via a mobile app, meaning that you can manage the temperature of your home from wherever you are, at whatever time of day.



### Draught proofing

Unless your home is very new, you will lose some heat through draughts around doors and windows, gaps around the floor, or through the chimney.

Professional draught-proofing of windows, doors and blocking cracks in floors and skirting boards can cost around £200, but can save around **£25 a year** on energy bills. DIY draught proofing can be much cheaper. Installing a chimney draught excluder could save around **£15 a year** as well.