



Top Tips

There are quick and easy things you can do which are no cost or low cost and can really help you save cash on your energy bills, and a few which might need a bit of investment.

Here are our Top Tips for saving money and energy in the home. We've also included an estimate of the savings you may make in a year.

Free things you can do to save money!

#1 Switch appliances off at the plug rather than leaving on standby - especially TVs and set top boxes – or get timers to do it for you. **SAVE £50 - £90.**

#2 Turn the heating controls down one degree **SAVE UP TO £65.**

#3 Keep your fridge $\frac{3}{4}$ full if you can – It's the most energy efficient. And close the door quickly to keep the cold in.

#4 Wash at 30 degrees – it uses about 40% less electricity, and make sure the washer or dishwasher is full, or use an economy programme. **SAVE UP TO £13.**

#5 Replace one bath a week with a 5 minute shower. **SAVE UP TO £15**

#6 Fill the kettle with just what you need. **SAVE UP TO £8.**

#7 Stop running the tap when brushing your teeth –just run it when you start and finish.

#8 Try an extra layer of clothing – the more layers, the more you improve your personal insulation.

Low cost changes that will still save you cash

#1 Get energy efficient bulbs installed in all your lights – they last 10 times as long as standard ones. And remember to switch lights off when leaving a room. **SAVE UP TO £65.**

#2 Cover that letter box and key hole and stop those draughts. For a few pounds you can get a special cover – or make one yourself if you're handy!

#3 Get radiator thermostats and turn them down to No. 1 when the room is not occupied.

#4 Use draught excluders at doors – they're cheap, they work, and home-made ones using old material and socks for stuffing are easy and free.

#5 Get an energy meter – they can really help you get in the know about how you're using energy in the home – which will help you save. **SAVE UP TO £35.**

#6 When replacing appliances, go for the best energy rated (A to A++) and avoid the worst (G rating). **SAVE FROM £7 - £37.**