

Being energy efficient

Reducing your energy usage will reduce your bills. This saves you money and helps the environment! Here are a few small changes you can make in the home to be more energy efficient.

Turn off lights when not in use. Depending on your bulb type, leaving one light on whilst you are at work could cost you over £30 a year.

Turn down radiators in rooms that you aren't using. You can use your TRV (Thermostatic Radiator Valve) to turn down radiators in spare bedrooms. Don't turn them off completely, as this could lead to damp in the room.

Check the temperature on your water heater. Heating the water to 60°C is sufficient for having hot and safe water.

Swap your bath for a shower. If you're already showering, then try reducing your daydreaming time so you are only running the water for as long as you need it.

Wash your clothes at 30°C. Most washing detergents work just as effectively at lower temperatures.

Programme your thermostat to work around your schedule. Most heating systems will allow you to programme it to turn off automatically at night and whilst you are out.

Being energy efficient

Turn your heating down. It is recommended that you keep your home between 18 and 21°C.

Avoid using a tumble dryer. Tumble dryers can cost over £1 per cycle, which could add up to over £100 a year if used twice a week.

Move furniture away from radiators. This will allow the warm air to circulate properly, so will reduce the amount of time that you need to have your radiators on for.

Turn appliances off, not on standby. If an appliance has a red light on, then it's still using electricity to power that light.

Check your tariff. You may be able to switch supplier or change on to a new tariff. There are a lot of different types of tariffs, so it's worth exploring what works best for you.

Don't overfill the kettle. The more water you put in the kettle, the longer the kettle stays on for, the more it costs you. If you only need one cup of tea, then don't put too much water in.

Defrost your freezer. If your freezer has a large ice bank in it, then it is using more energy to keep that ice frozen. Defrosting it will make it work more efficiently and cost you less.