

Turn back the clock on your energy usage

Following these simple energy saving tips can help to reduce your energy consumption, saving you money and helping the environment...

- 1 Turn down the **central heating thermostat** by just 1°C & you could save yourself 10% on your electricity bill (keep to 21°C - if you are elderly or infirm)
- 2 **Washing your clothes** at 30°C rather than 60°C can be just as effective as other temperatures for soiled clothes and can save you over a 1/3 on your electricity bills
- 3 Boil only the water you need for one cup instead of a full **kettle** & save around £31 a year (always ensure the element is covered)
- 4 Keep **saucepan lids** on & turn down the heat – your dinner will cook quicker & you won't be wasting energy
- 5 Avoid covering **radiators** with curtains – which will restrict the airflow, instead have your curtains lifted slightly on a window sill, to ensure heat enters the room.
- 6 Use **low energy light bulbs** - they last up to 12 times longer than ordinary light bulbs & consume about 1/5 of the energy
- 7 Switch it off! Avoid leaving **electrical appliances** on stand-by and leaving appliances charging unnecessarily: for example, just by unplugging your mobile phone charger you could save around £4 a year.



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- 8 **Loft insulation** – without loft insulation you could be losing 20% of your heating through the roof. Insulating your loft could save £140 per year on your energy bills
- 9 Water needs to be hot, but never scalding. For most people, setting the **cylinder thermostat** at 60°C/140°F is fine for bathing and washing
- 10 Use **washing machines / dishwashers** with full, not part loads.
- 11 Feeling the cold? If so, stop draughts and heat escaping from openings and poorly fitted window frames by draught proofing the gaps around **doors** and **windows**. This measure could shave £10-20 off your annual heating bill. Put draught strips around windows and outside doors and fit a flap across the letter-box



- 12 Why not treat your **hot water tank** to a Christmas present this year? An insulating jacket can cost from as little as £15 & will often pay for itself within months
- 13 Turn off **lights** when leaving a room (we spend 10% of our electricity bills on lighting - always use low energy lightbulbs!)
- 14 Uninsulated walls can account for up to 1/3 of the heat loss in your home. Fitting **cavity walls insulation**, for example, could save you up to £160 a year
- 15 When **replacing appliances** consider the most energy efficient – look for the label. If your current fridge freezer is more than 10 years old, an upgrade could potentially save you around £45 a year.