Improving Lives.

Delivered by Charis

Energy Advice

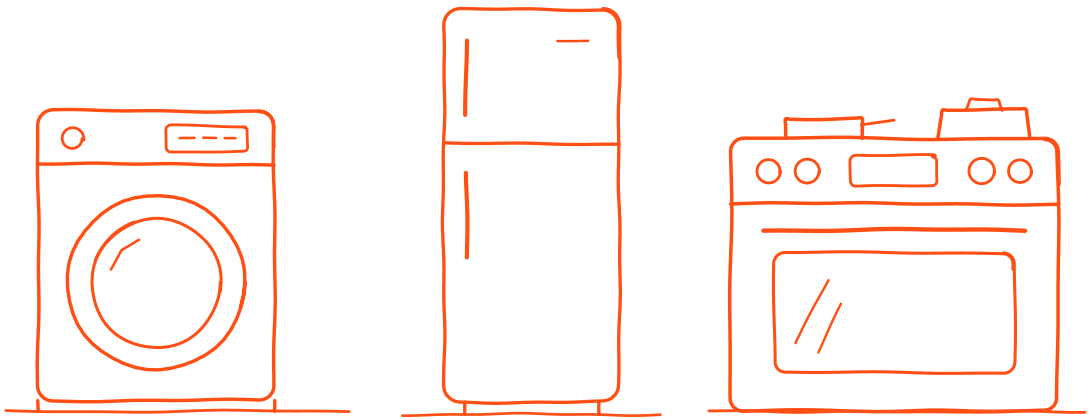
Helping you save energy and money on your bills.



Welcome

In this guide we'll show you how you can save money by following simple tips which will reduce your energy usage, and therefore your bills.

The Charis Team





Around the house

Switching off

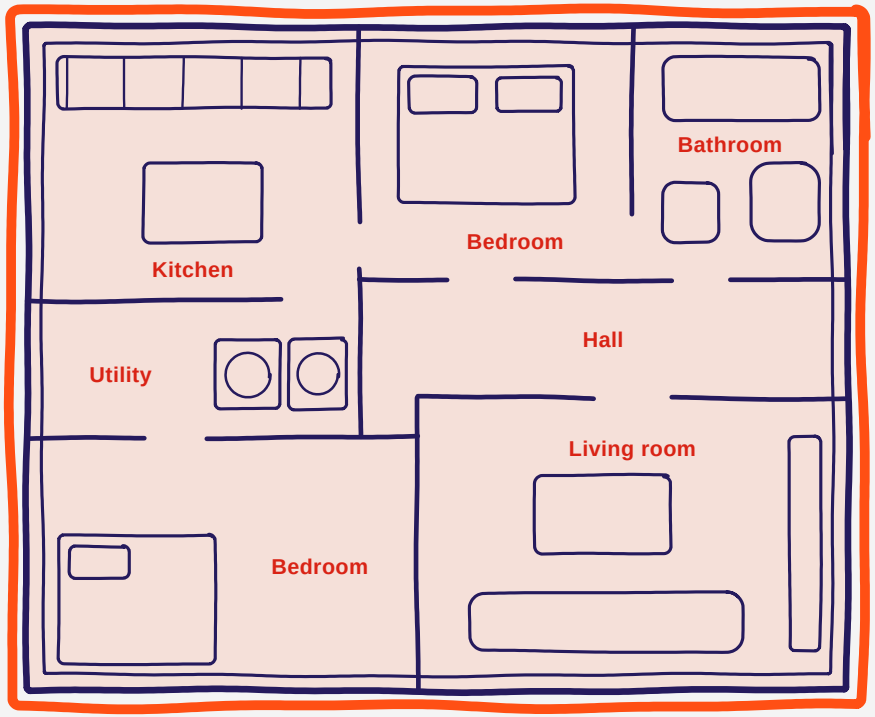
Remembering to turn lights off will save electricity. This simple step could save you £5-£10 each year.

Fitting LED light bulbs

These bulbs use 90% less energy than traditional bulbs and they also last longer.

Stand them down

Turning off TVs, microwaves and other devices at the plug rather than using standby mode could mean you have an extra £45 in your pocket each year.





Every room

Small habits all around your home add up.

Around the house

Smart meters

To track energy usage quickly and easily, you can ask your supplier for a free smart meter.

Set an energy budget and energy saving goals with the in-home display – seeing the usage data will help you and your family be more energy aware.

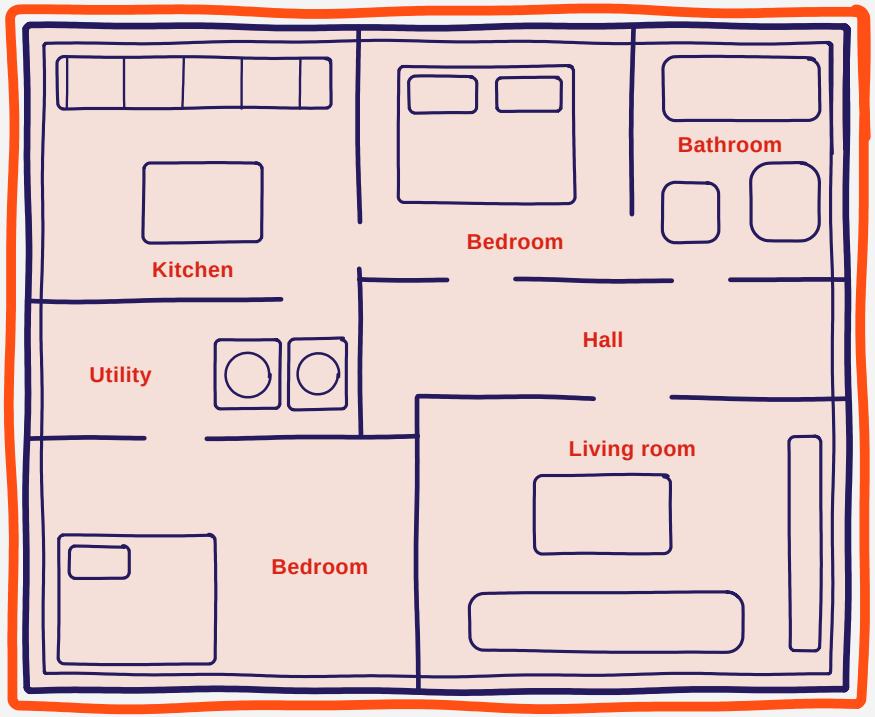
A smart meter means you can also see your credit balance and top-up a pre-payment meter from home.

Sending automatic meter readings to your supplier will ensure that your bills are accurate and reflect your actual energy use.

Aiming for an A

When you buy an appliance, look at its energy rating. The latest scale is from A to G with A providing the best energy efficiency. Some appliances such as ovens are still on the old scale though, so you may see ratings such as A+++. Take a look at the charts on the appliances you are considering to establish their efficiency.

Learn more at **energysavingtrust.org.uk/advice/home-appliances**.





Every room

Know what you use, and choose efficient appliances.

In the kitchen

Don’t overfill the kettle

When you boil a kettle just add the water you need each time. This could save you £10 a year.

Load up the dishwasher

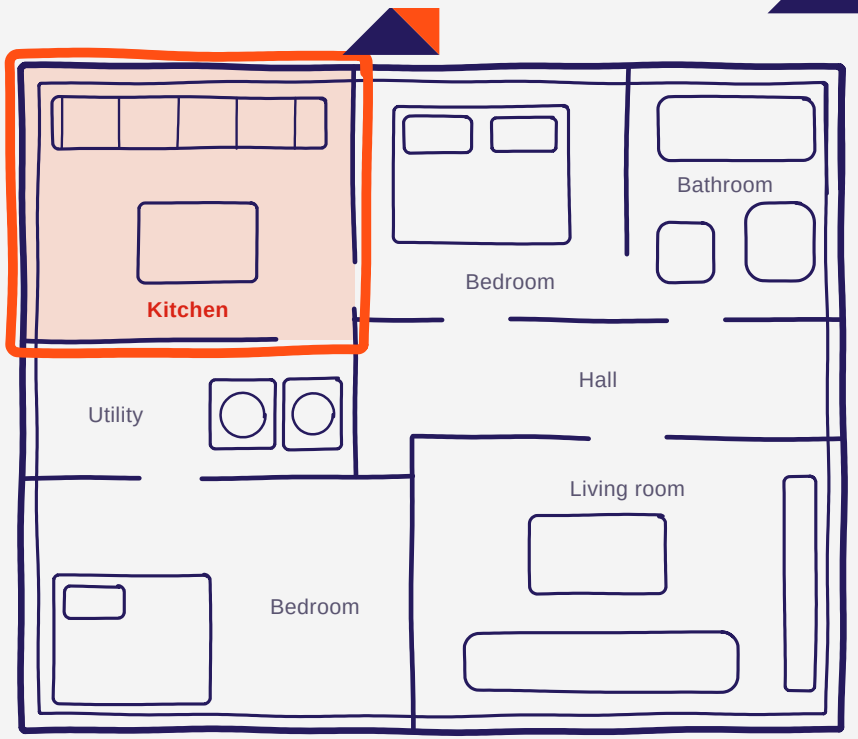
A half-loaded dishwasher uses the same energy as a full load, so always fill it up. And use the ECO setting if it has one.

Descale your appliances

Descale your kettle, washing machine and dishwasher. They will last longer and use less electricity.

Use a washing up bowl

Using a washing up bowl rather than the full sink saves water and energy (approximately 20% less). Don’t leave the tap running and wash up more items at once rather than making repeated trips to the sink.





Kitchen

Everyday cooking and cleaning.

In the kitchen

Bake in batches

Cooking enough for several meals and freezing leftovers saves energy, and effort. Use pan lids to make cooking faster and more energy efficient. If you are cooking smaller amounts use smaller pans.

Cost-efficient cooking

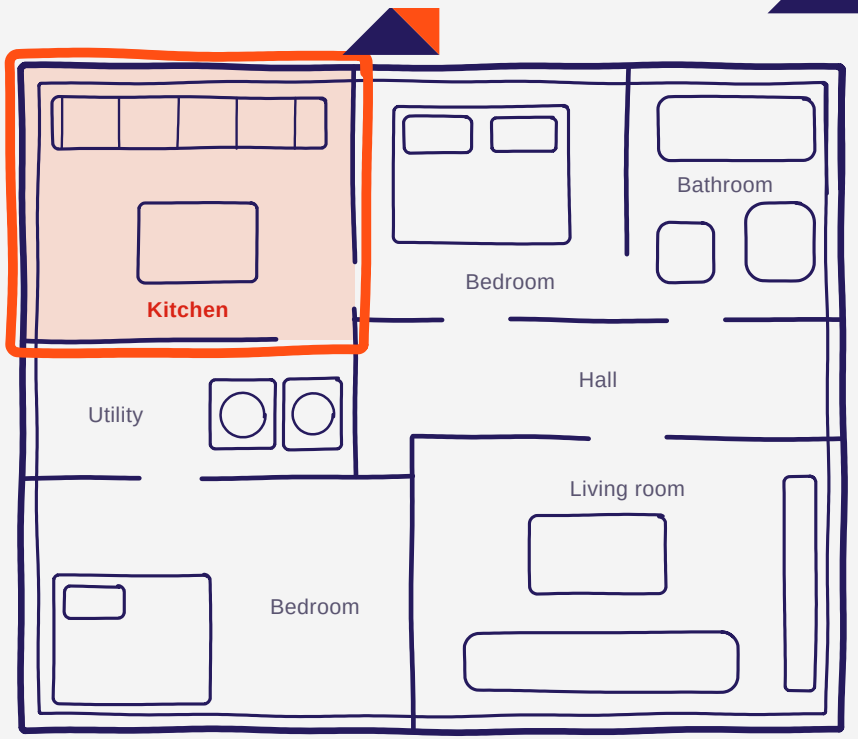
A toaster is cheaper to use than a grill. And air fryers, fan ovens, microwaves and slow cookers are more efficient than a normal oven.

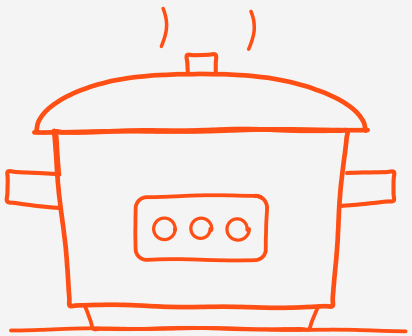
Keep it cool

Check the temperature your fridge and freezer are set to. Fridges should be between 0 and 4°C, freezers at approximately minus 18°C (or four stars). They are best kept at three-quarters full. Take up any extra space needed with bottles partially filled with water (don't fully fill them).

Mind the gap

Leave space behind and to the side of your fridge and freezer to allow air to circulate around the grille.





Kitchen

Cooking and keeping food cool.

In the bathroom

Swap and save

Showers use a lot less water and energy than long baths. Cutting a minute off how long you spend in the shower each time could save an extra £15 on energy alone – on top of water savings.

Shower flow

A water-efficient shower head uses less water, and therefore energy, but means you can still shower in comfort.

Tap into more savings

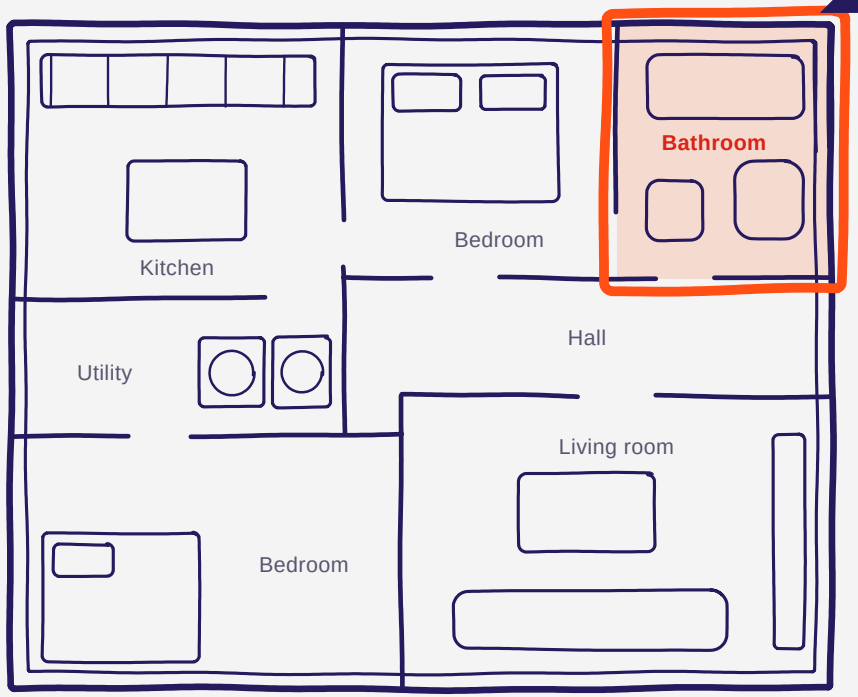
Don’t leave the tap running while you brush your teeth or wash at the sink. Turn the water on as you need it.

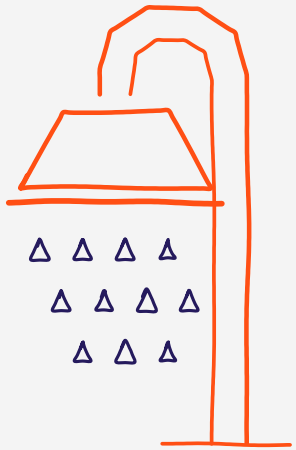
Don’t drip

If a tap drips, try to get it fixed. A leaky tap means you’re paying for water you’re not using.

Dual flush

If you have a dual flush toilet, only press for the flush you need.





Bathroom

Hot water is where the savings are.

Laundry

Stay cool

Wash your laundry at 30°C. You could save a third of the cost compared to a 40°C cycle.

Loading up

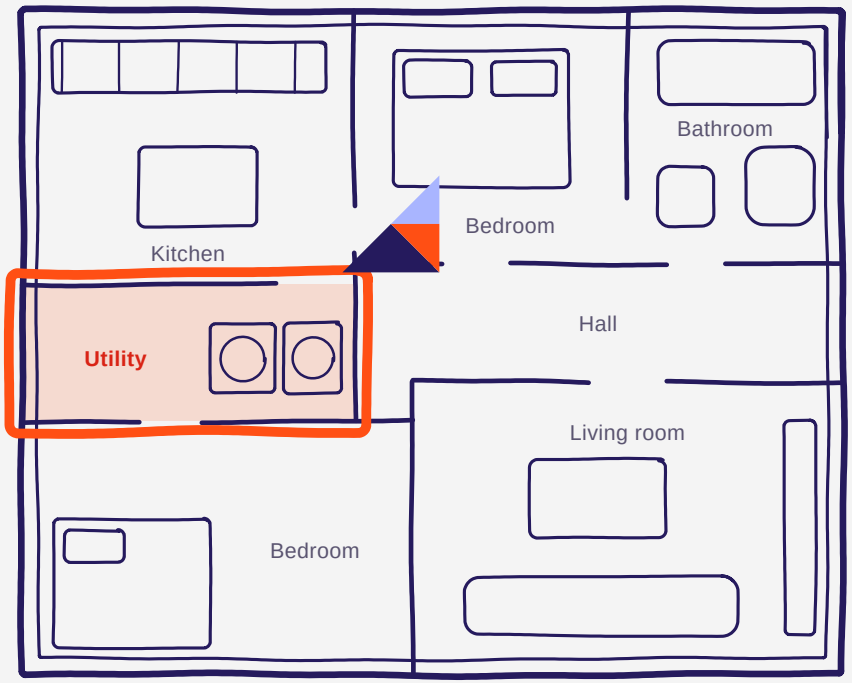
Wait until you have a full load of washing rather than part filling your machine. Try using a ‘colour catcher’ so you can mix colours in a load. Cutting down by one wash a week could save you £10 each year.

Better drying

If you use a tumble dryer clean the filter after each use, or as often as you can. Hanging your washed laundry out to dry is more energy-efficient than using a tumble dryer.

Ironing timing

Do your low temperature ironing first, and do larger batches of clothes at once rather than in multiple shorter sessions.





Utility

Washing, drying and ironing.

Heating

Sensible settings

A recommended temperature setting for your thermostat is 18 – 21°C. Turning it down by one degree could reduce your fuel bill by up to 10%. Fit and adjust radiator valves and try cooler temperatures for bedrooms.

Get more from your radiators

Move furniture away from radiators and use radiator reflector panels to maximise heat output. Shelves above radiators also help to channel warm air into the middle of the room. This could be worth £25 each year.

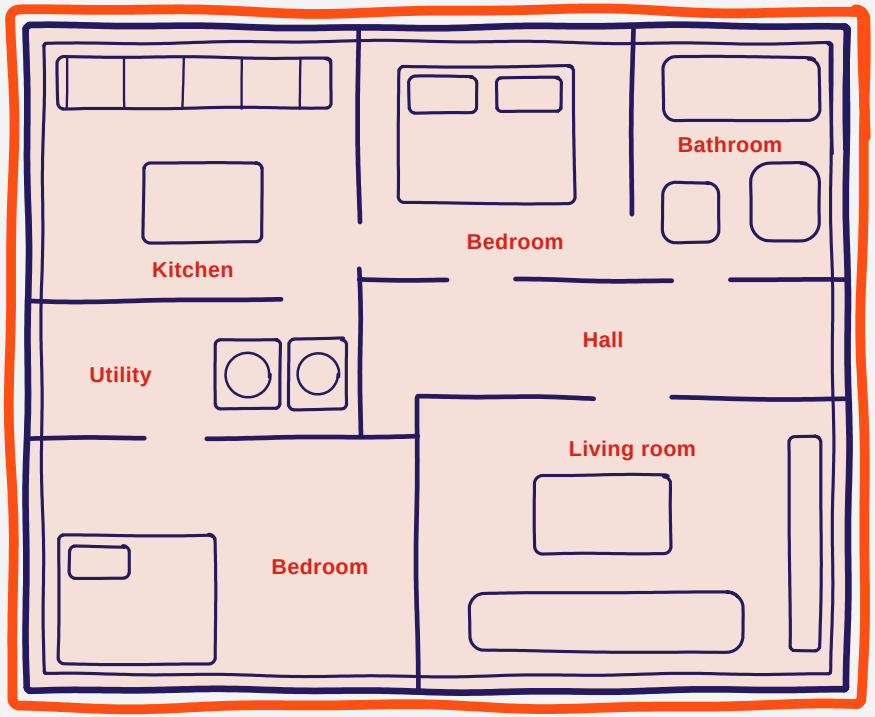
Turn off the heating and bleed your radiators to remove airlocks. Turn the heat back on and check the boiler pressure is correct.

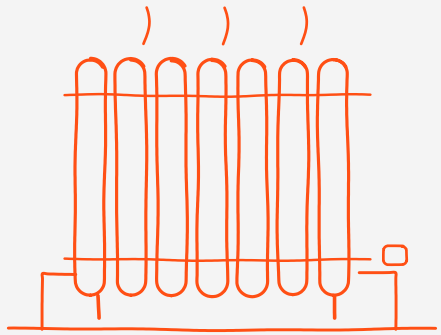
Keep heat in

Close curtains and use draught excluders around doors and draught excluder tape around windows to keep your home cosier.

Using the sunny side

If you have rooms which catch the sun open the doors from them to spread that warmth, or use those rooms more often, reducing the need to heat the others. Otherwise keep doors to rooms closed to reduce draughts and heat loss.





Every room

Keep the warmth where you need it.

Heating

Keep the hot water hot

Insulate your hot water cylinder to keep your water hotter for longer and reduce energy costs.

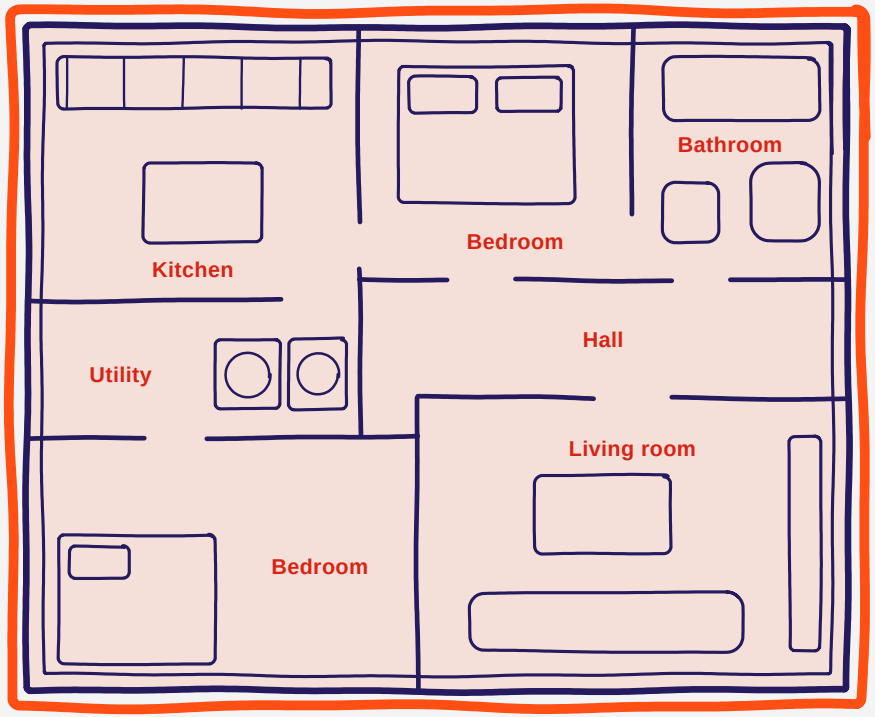
Temperature and timings

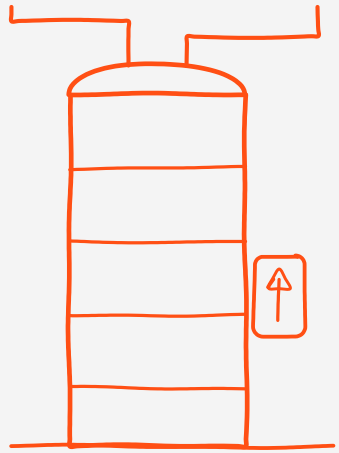
Set the thermostat on your hot water tank to 60°C - hot enough to destroy bacteria and to bath, shower and wash - but without being unnecessarily hot.

Set a separate hot water timer to heat water only when it’s needed and turn it off when it isn’t.

Warmth for you

Warming yourself with a blanket, self-heating mattress topper, a rechargeable hot water bottle, or heated throw can reduce the amount of heat needed in a room.





Every room

Hot water, and keeping yourself warm.



Find more support

For additional energy-saving advice, please visit **www.energysavingtrust.org.uk**.

If you need further support, check for scheme availability and other channels of help at **improvinglives.uk**.

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