

A STEP BY STEP GUIDE TO SAVING ENERGY IN YOUR HOME

Do you want to save energy but feel a bit overwhelmed by all the advice and information? Try our new room by room guide, follow the tips one room at a time and your savings will build up

ROOM 1 OF YOUR **BIG ENERGY SAVING CAMPAIGN** THIS WINTER

Your BATHROOM

1. Take a shower instead of a bath and if you are already using the shower, spend a couple of minutes less in there each time and look into getting a water efficient shower head.



2. If you have a bath, try not to fill it as full as each hot bath uses a lot of water. Over 20% of average energy bills are to heat hot water so cutting back will really help.

3. Talking of water, make sure your hot taps are completely turned off so water is not wasted by a constantly drip. Replace the washer if it keeps dripping.
4. More about water – turn off the tap when you are washing your hands and face or teeth, especially if you are on a water meter.



5. If you have a hot water tank, make sure it has a good cover to keep that heat in.

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ROOM 2 OF YOUR **BIG ENERGY SAVING CAMPAIGN** THIS WINTER

Your KITCHEN

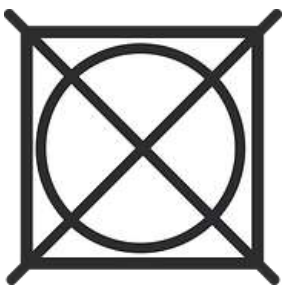
1. Make sure you only boil the right amount of water in your kettle for what you need, don't just fill it to the top each time. Keep your kettle descaled.



2. Always put a full load in your washing machine as two half loads use a lot more electricity and use low temperature programmes. This will make big savings.

3. Use low energy programmes for your dishwasher.

4. When you are using a saucepan, keep the lid on so the heat doesn't escape and use the right size pan, not a huge one for everything.



5. Try to limit how much time you use your tumble dryer for. Hang clothes up instead outside or on a clothes horse but not on the radiator. If you are using it, clean the filter regularly.

6. Don't waste hot water by washing up under a running tap – use a bowl instead.

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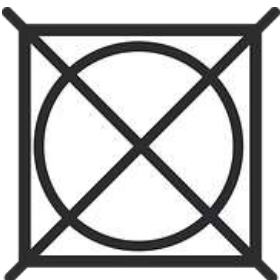


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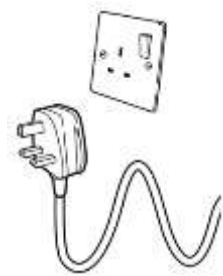
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ROOM 3 OF YOUR BIG ENERGY SAVING CAMPAIGN THIS WINTER

Your LIVING ROOM

1. When you have finished using the TV, radio, computer, CD/MP3 player, printer or any other such device, make sure you switch them off – don't just leave them on standby as this uses electricity. For some it's easier to just pull out the plug.



2. Whenever you leave a room, turn off the lights as this is better than leaving them on.



3. Use energy saving light bulbs and LED ones whenever you replace an old bulb.

4. Draught excluders – make sure your doors and windows are not letting all your heat escape.

5. Close the curtains and don't drape over radiators. Keep the radiators clear anyway so don't put your sofa in front of one as that will block the heat getting to you. And turn them down

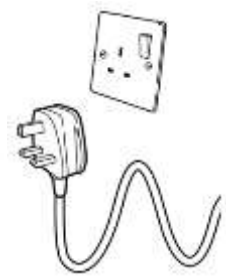


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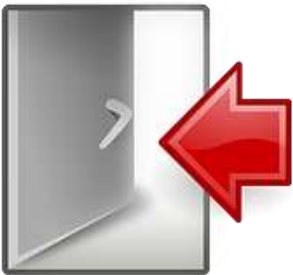


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ROOM 4 OF YOUR BIG ENERGY SAVING CAMPAIGN THIS WINTER

Your BEDROOM

1. Turn off your heating before you go to bed – 30 minutes is suggested - and turn down the thermostat on your bedroom radiators



2. If you have a spare room, don't heat it when it is empty, remember to turn off radiators whenever the room is not in use and close the door.

3. Use plenty of covers on your bed and wear more night clothes rather than having the heating on overnight. Perhaps a hot water bottle?



4. As with other rooms, close your curtains to keep the warmth in but not over the radiators as the heat will go back out of the window. If you have draughty doors, put something across the bottom to keep the draughts out.



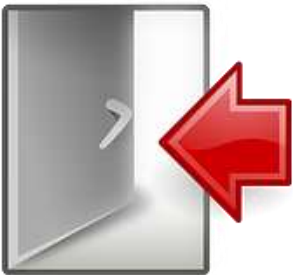
5. Bedroom windows can be draughty so fit draught excluders on your leaky windows or secondary glazing – even putting on secondary glazing film can help reduce heat loss.

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NUMBER 5 OF YOUR **BIG ENERGY SAVING CAMPAIGN** THIS WINTER

This is the last area of our Energy Saving Ideas pack – keep going with all the tips and see how much you can save.

All around your house or flat



1. More than half of most people's energy bills goes on heating and hot water so turn the central heating down a couple of degrees –and adjust your timer so the heating is on for a bit less time. Turn your boiler's temperature down as well.

2. If you have cold floors in your hallway, put a rug down or some carpet.

3. Wear more jumpers/socks/warm slippers instead of turning the heating up

4. Insulation will help keep in the heating you have paid for so look into lining your walls and loft if you have one



5. When buying new appliances, make sure you buy the most energy efficient model.

6. SWITCH. Make sure you are getting the best deal from your energy supplier and if not then SWITCH. Check the citizensadvice.org.uk and search for energy tariffs and use the CAB price comparison tool. Or go directly to: energycompare.citizensadvice.org.uk

7. If you are struggling to pay your bills, check that you are getting all the support you are entitled to. Visit the CAB or check our website and search for 'energy' on www.citizensadvice.org.

If you want more info on any of this or anything else, do ask!

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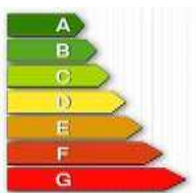


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