# Hints to help to Reduce power bills

**Switch off standby** Save around £55 a year just by remembering to turn your appliances off standby mode. You may also want to think about getting a standby saver or smart plug, which allows you to turn all your appliances off standby in one go.

**Turn off lights** Turn your lights off when you're not using them or when you leave a room. This will save you around £20 a year. Want to save even more? Make sure all the bulbs in your home are energy efficient LEDs and save up to £55 a year.

**Wash at 30** You can save around £28 a year from your energy bill just by using your washing machine more carefully. Wash at 30°C instead of higher temperatures and reduce your washing machine use by one run per week for a year.

**Ditch the tumble dryer** Dry clothes on racks inside in a well-ventilated room if possible, or even better outside in warmer weather to save £60 a year. Many appliances like washing machines and dishwashers also have 'eco' or low energy modes, so opt for these if you can to save more energy.

**Avoid overfilling the kettle** Kettles are one of the most used appliances in the kitchen, but many of us boil more water than we need at times. Avoid overfilling the kettle and save yourself £11 a year.

**Fill your dishwasher** Only run your dishwasher when it is full to reduce the amount of water you use. Reducing your dishwasher use by one run per week for a year could save you £14.

**Block out draughts** If there's a gap at the bottom of your door, block it with a draught excluder – you can make one stuffed with used plastic bags or bits of spare material. For windows, heavy curtains can make a real difference to how much heat is lost during the winter – and in the summer, blinds can help keep rooms cooler, so you don't need to use a fan!

**Fit radiator reflector panels** If renting, you might want to check with your landlord first, but consider fitting reflector panels behind your radiators on any uninsulated external walls in your rented property. These reflect heat from the radiator back into the room, instead of letting the heat out through an external uninsulated wall, and could save you around £25 a year on bills.

**Understand your boiler** Whether you rent or own your home, most of us get our heating and hot water from a gas boiler. Understanding how yours works and how to set it correctly could help you to reduce your heating bill. If you have a thermostat, consider turning it down by just one degree to cut your bills by a whopping £105 a year!

**Use the microwave** Microwaves are more efficient than ovens at cooking, as they only heat the food and not the air space inside. Batch cook i.e. double up then freeze half, use the microwave to reheat.

**Be smarter about hot water** Plus, if you have a water meter, these tips will help you save money there too. If you have a hot water tank (rather than a combi boiler), use your heating controls to turn your water heating on and off, so you only heat as much water as you need.  High-volume power showers can use more water in less than five minutes than a bath. So fit an eco shower head. Your shower will still feel powerful but it'll cut down on your hot water use.

You can save around £25 a year by washing up in a bowl rather than using a running tap.

Insulate your hot water tank and pipes so water stays warmer for longer.

Swap your bath for a shower Some of us might enjoy a long soak in the bath, but swapping just one bath a week with a 4-minute shower could save you £12 a year on your energy bills.

Spend less time in the shower Keeping your shower time to just 4 minutes could save a typical household £70 a year on their energy bills.

## A quick guide to spend some money now to save later!

**Energy saving budget: £0 - £50** If you've tried all the free ideas and can afford to spend a little more, the next step could be to put some simple energy efficiency measures into place at home.
Installing reflective radiator panels could save you around £25 each year. These can be placed behind radiators on external, uninsulated walls. They reflect heat back into the room, keeping you warmer for less money.
If you have an open chimney, draught-proofing your chimney when you're not using it could save around £65 a year. The cheapest option to keep the cold out is a draught excluder, which starts at around £20.

**Energy saving budget: £50 - £100** For a little more money, you can replace traditional and halogen lightbulbs with energy efficient LEDs. Across an average house this will cost around £90 and should save £55 a year.

 **Energy saving budget: £100 - £500** If you can afford to spend a little more, you'll find there are even more energy saving measures you can install in your home.
Did you know that a quarter of heat in an uninsulated home is lost through the roof? Most homes have at least some loft insulation, but often not enough. Topping up from 120mm to at least 270mm of insulation will cost around £465 but could save you £25 a year on your bills.

Get advice at Energy Saving trust https://energysavingtrust.org.uk/