

Wheatley Energy Focus

Saving Energy and Money in the home

Heating

- Turn the thermostat down. Reducing the room temperature by 1 °C could cut heating bills by up to 10% and typically saves around £60 per year.
- Set heating and hot water to come on only when needed. A good example is to set heating to go off 30 minutes before you leave, and come on again 30 minutes before you expect to return.
- Is the water too hot? Up to 30% of domestic energy bills come from heating water. Your cylinder thermostat should be set at 60 °C/140 °F which is a comfortable temperature for most people and will help save on heating costs.



Lighting

- Only use energy saving light bulbs. They last up to 10 times longer than the old bulbs, and can save you around £55 over the lifetime of the bulb.
- Always turn off the lights when leaving a room.

Appliances

- **Standby:** Don't leave appliances on standby and try not to leave laptops and phones on charge unnecessarily. Energy use from electronics left on standby makes. Appliances left on standby make up to 6% of the total household demand so turning them off could save you money. For example Televisions and games consoles when left on permanent standby they are costing us £45-80 a year!
- **Washing machines:** Use a low temperature setting and only wash full loads or use a half-load or economy programme.

TIP: *When you buy a new kettle, get one that has a minimum water level of one cup*

- **Kettles:** Only boil as much water as needed (but remember to cover the elements in an electric kettle). Wheatley hard water will also affect the efficiency of kettles keep limescale in the kettle to a minimum.
- **Cooking:** Use a lid on saucepans where possible, so the contents heat up faster and require less energy.



- **Dishwashers:** Modern ones use less energy and water than washing up by hand! But make sure that you use them when they are full.
- **Fridges:** Leaving the door open and putting hot or warm food straight into the fridge increases the energy required to keep the contents cold.

For **FREE** independent help and advice on how to save energy in the home, visit the Energy Savings Trust (EST) advice service for free and impartial advice.

www.energysavingtrust.org.uk/

They offer a free on line home energy check that will provide with a report of potential savings.

<http://hec.est.org.uk/>

Sources:

Energy savings Trust: www.energysavingtrust.org.uk/

Money saving Expert (also advice on switching energy suppliers to get the best deals):
<http://www.moneysavingexpert.com/utilities/free-cavity-loft-insulation#freeforall>

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This document was correct at time of press. Costs and savings are approximate.

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