

Energy Saving Tips

Here are some changes that you can make straight away to save money in the long run.

- Turn the room thermostat down a degree. You probably won't even notice the difference and could save you around ten percent in energy costs;
- Make sure curtains or furniture are not blocking the radiator to allow heat to circulate;
- Instead of switching on the central heating as soon as you feel a bit chilly, warm up the old fashioned way by putting on an extra layer of clothing or using another blanket in bed;
- Open the curtains during the daytime to allow natural light into the room rather than switching a light on;
- Draw the curtains at dusk to keep heat in rooms;
- Install draught excluders underneath doors and around windows, especially single glazed ones;
- If you are drying your clothes indoors, don't put them over a radiator. Try putting up a clothes rail in an unheated room;
- Switch to energy-saving light bulbs - they last up to six times longer than a normal bulb. Changing just one light bulb will save money on your energy bill.

Turn it down!

Many households have their central heating set higher than they need it, without even realising it; try turning your room thermostat down by one degree. Leave it for a day and if you still feel warm enough, try turning it down another degree. Carry on until it feels a bit too cool and then turn it back up one degree. Every degree that you turn it down could save you around £60 a year on your heating bill.

Turn it off!

Make sure you turn your lights, appliances and chargers off when you're not using them. If you turn a light off for even a few seconds, you will save more energy than it takes the light to start up again, no matter what sort of lights you have. And nearly all electrical and electronic appliances can safely be turned off at the plug without upsetting their systems – the only exceptions are satellite and digital TV recorders which should be left plugged in so they can keep track of any programs you want to record – but check the instructions on any appliances you aren't sure about. A family could save around £40 a year just by remembering to turn things off, if they don't already do this.

Careful in the kitchen!

You can save another £35 a year just by being careful how you use your kitchen appliances.

- Set your washing machine to wash at 30°C.
- Only use your tumble dryer when you can't dry your clothes outside.
- Don't fill your kettle right up every time – just boil the amount of water you need.