

OUR EXPERT HEAT ADVISORS ARE HERE TO HELP YOU WITH **ANY** HOME ENERGY QUESTIONS YOU HAVE.

Speak to us about how to:

 **CONTROL YOUR HOUSEHOLD
ENERGY USAGE**

**TAKE METER READINGS TO
MONITOR YOUR COSTS** 

 **SWITCH ENERGY SUPPLIER
AND TARIFF**

 **APPLY FOR SUPPORT SUCH AS
WARM HOME DISCOUNT AND
SUPPLIER PRIORITY SERVICES**

**ACCESS ELIGIBLE
HARDSHIP FUNDING** 

 **ACCESS SUPPORT FOR ANY
ENERGY-RELATED ISSUE
YOU HAVE**

HEAT TOP TIPS TO SAVE MONEY ON YOUR ENERGY BILLS

Here's some small changes that you can make at home that will lower your energy use and save you money.



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2 DOING THE WASHING

- ✓ Most clothes don't need washed after every wear - try airing them instead
- ✓ Spin clothes on the machine's highest spin cycle to reduce time needed in the tumble dryer
- ✓ Washing clothes on Eco or 30°C rather than higher temperatures when you can could save £15 a year
- ✓ Wait until you have a full load before putting on a wash

4 IN THE BATHROOM

- ✓ Have a quick shower - it uses less energy than a bath
- ✓ Consider a shower timer to monitor how much time you spend in the shower - shorter showers use less energy
- ✓ Turn off taps while you brush your teeth, shave or wash your face.
- ✓ If you have a hot water tank, set your programme to the times of day when you use hot water - this will avoid heating water when you don't need it



1 IN THE KITCHEN

- ✓ Use the right-sized pot or pan for the job - pots with lids are best
- ✓ Use the right-sized hob ring
- ✓ Pre-boil water in a kettle before adding to your pot
- ✓ Keep the oven door shut as much as possible when cooking
- ✓ Make sure the glass door is clean so you can see what's going on without opening the door
- ✓ Let warm food cool down before putting it in the fridge



3 YOUR DOORS

- ✓ Fit draught excluders around the front door and over the letterbox - you can make one out of an old pair of joggers!
- ✓ Visit our YouTube channel for an upcycling tutorial
- ✓ Put a curtain over your front door to help keep draughts out
- ✓ Close all internal doors to help build up heat quicker



5 RADIATORS AND HEATERS

Your radiator valves allow you to heat up the full house or room by room:

- ✓ 5 is the maximum heat setting (for cold days)
- ✓ 1 is the minimum heat setting (for hot days)
- ✓ * is a frost free setting
- ✓ 2, 3 and 4 can also be used depending on your needs



6 WINDOWS

- ✓ Use heavy (or lined) curtains to help reduce losing up to a third of energy through the window
- ✓ In the winter, close your curtains at dusk to help keep the heat in
- ✓ Likewise, in the summer, close curtains in rooms you aren't using to help keep them cool



8 PLUGS AND APPLIANCES

- ✓ Avoid leaving your TV, games consoles and kitchen appliances like toasters and kettles, plugged in and switched on when you're not using them
- ✓ Don't leave your phone plugged into charge all night long - It should only take a few hours to fully charge
- ✓ Check the wattage of an electrical appliance - the higher the wattage, the more it will cost to run
- ✓ Avoiding standby and turning appliances off when you're not using them could save up to £60 a year



7 LIGHTS

- ✓ Replace all of your bulbs with LED equivalents to save around 50% of your annual lighting costs - around £65 a year
- ✓ Turn them off when you're not using them
- ✓ Use automatic timers to turn your lights on as it gets dark outside and to turn off at the same time you go to bed
- ✓ Place lamps in the corners of your rooms to allow light to bounce off of two wall surfaces so you don't need many



9 BOILERS AND TIMERS

- ✓ Check the pressure gauge on combi boilers is settling between 1 and 2 - If not, the pressure is either low or high so the boiler has to use more energy than it needs to
- ✓ Don't switch a combi boiler off at the wall - always leave it on standby
- ✓ Use your programmer (or timer) for your heating and hot water, so it's ready for you as and when needed, rather than using the 'boost' function
- ✓ During the winter, set the heating to switch off a short while before going to bed so it won't stay on too long after going to bed
- ✓ Set the heating to come on just a little while before you wake up in the morning



10 BILLS AND TARIFFS

- ✓ If you have a billing cycle and a non-smart meter, try to provide your supplier with meter readings at least once a month to ensure accurate bills
- ✓ A 'Fixed Rate' or 'Fixed Price' tariff means that the unit prices for gas and electricity are fixed - not the direct debit or your bill amount
- ✓ Compare available tariffs to make sure you're getting the best deal for your energy
- ✓ Not sure where to start? That's something we can help with

