

Energy Saving Tips To Help You This Winter

We are all aware that we are now dealing with a cost-of-living crisis.

A large part of the increased cost is due to energy bills, costs rose in April and are currently forecast to continue to rise.

So now is a good time to look at how we use energy in our homes and how we can save energy and money by making changes in our behavior and take action to reduce our energy use.

How to save energy (money)

Here are some examples of things you can do to save energy (money) and to help you to start thinking of other changes you could make to save further.

Include everyone in your household so that they understand the importance of saving energy, money and reducing your effect on the environment.



- If you have a combi boiler, check the temperature settings for both water and heating. The water temperature should be OK at 55 degrees, with the heating temperature at 50 degrees.
- Bleed your radiators once a year, the ideal time being before you switch on your heating for the winter.
- Use reflector panels behind your radiators to reduce heat loss through your wall.
- Don't block or cover radiators, heat is absorbed by furniture and items placed on or over the radiators. Moving furniture slightly away from the radiator will help heat the room.

- If you have a shower, have a shower rather than a bath. In general aim for 4 – 5 minutes in the shower. Consider changing your shower head to an eco-version, this will help save energy and water.
- Don't heat rooms you are not using.
- Switch to LED bulbs, to use 90% less energy.
- If you do not have a smart meter, send monthly meter readings to your supplier. This will stop them using estimated readings.
- Don't leave electrical devices on standby.
- Washing up. Use a bowl and not running water. If possible, save the washing up for later or at least only wash up when you have lots of items to wash. Always fill the dish washer before using.



How your savings could add up over the year.

Action	Saving
Switch off standby	£55
Draught proofing	£45
Turn off lights	£20
Wash at 30 degrees, one less wash a week	£28
Avoid using the tumble dryer	£60
Take a 4-minute shower	£70
Don't overfill the kettle and fit a tap aerator	£36
Insulate your hot water cylinder	£35

How your savings could add up over the year.

*Energy saving trust. *Savings are for a typical three-bedroom, gas-heated home in Great Britain, using a gas price of 7.4p/kWh and electricity price of 28.3p/kWh (based on April 2022 price cap). Water savings are based on average occupancy. This household is projected to spend a total £1,970 on energy annually, including standing charge. Figures updated March 2022.*



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Energy Saving Advice

