



BRINGING OUR NEW EBOOK ON

# ENERGY SAVING TIPS FOR YOUR HOME

Helping home owners make their  
homes more energy efficient

# Our Top Energy Savings Tips to help you save on energy

A more energy efficient home means cheaper bills and a reduction in your carbon footprint. The current energy crisis is set to continue this year as the UK braces itself for soaring energy bills. To help soften the impact on your household finances, here are our top energy saving tips.

## Insulate, Insulate, Insulate

One of our top energy saving tips is to insulate your home. This would make a huge difference to your home's efficiency and save you quite a bit on your bills.

You can insulate your loft, walls (either cavity or solid brick) and floor and all 3 will save you money.

## Turn down that thermostat

Turning it down by 1 degree could cut your heating bills by up to 10 per cent. You can also cut your heating bills by installing certain heating controls. If you don't already have a room thermostat, installing one could save up to £70 a year.

As we shift to more working from home, you can take advantage of a later start from not having to commute by setting your heating to come on later in the morning. If you have a timer on your central heating, set it to come on only when required and if possible, get a smart meter installed, which is estimated to help reduce a household's electricity use by 2.8% and gas use by 2%.

## No more standby

UK households spend an average of £35 leaving appliances on standby, so make sure to switch yours off at the plug. Research has also shown that leaving electrical items like laptops on charge after the battery is full costs around £3 a year.

# Turn off your lights

If you have children, you're probably already used to sweeping through the house shortly after they leave for school, turning off every single light they have inevitably left on.

Turning your lights off when you're not using them or when you leave a room will save you around £14 a year on your annual energy bills.

Replacing all the lights in your home with LED bulbs could also help you save.

# Radiator Foil

Using a reflective foil behind your radiator will bounce heat back into the room, rather than letting it seep out through the walls of your home.

The benefits are, of course, a warmer more comfortable home and less energy wastage – so smaller bills. A win-win.

You can buy specialist foil from hardware shops or online in rolls or sheets, that can be cut to size, for just a few quid.

# Watch your Water

Switching just one bath a week with a 4-minute shower could save you £7 a year on your energy bills. Keeping your shower time to just 4 minutes could save a typical household £45 a year on their energy bills.

Think also about how much water you use when boiling the kettle. By not overfilling the kettle you could save £8 a year on your electricity bill. Reducing your dishwasher by one run per week for a year could save you £10.

# Insulate your hot water tank

An insulation jacket costs around £15 and can save around £45 a year on your heating bill, paying for itself in less than six months.

# Draught proof your home

Fully draught proofing your home could save you money, as well as making it a lot more cosy!

Professional draught proofing of windows, doors and blocking cracks in floors and skirting boards can cost around £200, but can save around £30 a year on energy bills. DIY draught proofing can be much cheaper.

# Use an electricity monitor

Electricity monitors show you in real time how much electricity you are using, which can help you make decisions about your energy use and become more efficient. At the moment you can get an electricity monitor from around £25 online and they are easy to install yourself.

# Careful with your washing and drying

According to the Energy Saving Trust, you can save around £20 a year from your energy bill just by using your washing machine more carefully:

- Use your washing machine on a 30-degree cycle instead of higher temperatures and save £10 a year on energy.
- Only wash your clothes in your washing machine when you have a full load. Reducing your washing machine use by one run per week for a year could save you an extra £10.
- Avoid using a tumble dryer for your clothes: dry clothes on racks inside where possible or outside in warmer weather to save £40 a year.



ASSESSMENT HIVE

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