

Getting started

10 ways to save energy, money, and help prevent climate change.

Here are some simple measures you can do right now.



1

Turn your thermostat down. Reducing your room temperature by 1°C could cut your heating bills by up to 10 percent and typically saves around £55 per year. If you have a programmer, set your heating and hot water to come on only when required rather than all the time.



2

Is your water too hot? Your cylinder thermostat should be set at 60°C/140°F.



3

Close your curtains at dusk to stop heat escaping through the windows and check for draughts around windows and doors.



4

Always turn off the lights when you leave a room.



5

Don't leave appliances on standby and remember not to leave laptops and mobile phones on charge unnecessarily.



6

If possible, fill up the washing machine, tumble dryer or dishwasher: one full load uses less energy than two half loads.



7

Only boil as much water as you need (but remember to cover the elements if you're using an electric kettle).



8

A dripping hot water tap wastes energy and in one week wastes enough hot water to fill half a bath, so fix leaking taps and make sure they're fully turned off!



9

Use energy saving lightbulbs. They last up to 10 times longer than ordinary bulbs, and using one can save you around £40 over the lifetime of the bulb. This saving could be around £65 over its lifetime if you're replacing a high wattage incandescent bulb, or one used for more than a few hours a day.



10

Do a home energy check. Just answer some simple questions about your home and we'll give you a free, impartial report telling you how you can save up to £300 a year on your household energy bills.

Stop wasting energy in the bedroom



Snuggle up in your personal haven and keep cosy without paying more than you have to.

Stop wasting energy in the Bedroom

- Use the right tog duvet for the weather (low tog in summer and high tog in winter) to avoid having to use the heating (or air conditioning) unnecessarily.
- Draw curtains at dusk to keep the heat in for when you go to bed
- Wear socks to bed in cold weather to keep toasty
- Towel dry your hair thoroughly to cut down the time you'll have to use your hairdryer for.
- Use a hot water bottle to warm the bed up, rather than an electric blanket.
- Make sure all the lights are turned off when you go to bed, or use a low wattage energy saving night light if you do need to leave one on
- Don't leave your mobile phone on charge all night – it only needs a couple of hours
- During winter, set the heating to switch off a short while before you go to bed – that way it'll still be nice and warm as you get ready for bed but the heating won't stay on unnecessarily once you're tucked up.
- Likewise set it to switch on just long enough before you wake up for the house to be warm by the time you get out of bed. But you don't need it to stay switched on all the way up to when you leave the house – the house will take a while to cool down again, so try setting the heating to turn off half an hour before you're due to go out the door.
- Keep extra blankets by the bed so you can easily adjust your temperature during the night.
- Invest in draught excluders for the bedroom door to keep the heat in your room during the night.

Children's Bedrooms

- A TV, DVD player and PS3 will cost around £35 to run over the course of a year – but it could be far higher if they are left on when not in use. Encourage your children to turn off equipment at the socket by making it easy to get to the switch.
- Draw curtains at dusk to keep the heat in and the draughts out

- Get into the habit of keeping doors closed.
- Think about what you are putting on extension sockets to make sure you aren't powering something that is not in use
- Think about "losing" the remote control to the television to reduce the temptation to leave it on standby.
- If you are thinking about buying a new computer, a new laptop typically uses around 85% less energy than a new desktop computer and takes up less room too.

Stop wasting energy in the hallway

Don't forget about the hall! Plug those gaps to save even more money on your energy bills.

- Fit draft excluders around the front door and over the letter box and key holes.
- Putting a curtain over the front door helps keeps the draughts out.
- Replacing a 100W incandescent with a 20W CFL can save on average around £6 per year. For hall lights which are in regular use, this saving could be even greater.
- Draw the curtains at dusk to keep the heat in and draughts out.
- Don't leave the front door open more than necessary

Stop wasting energy in the dining room

There are lots of easy ways to waste less energy while you entertain guests in your dining room.

- Serve food straight to plates and you won't have to wash up serving plates and spoons
- Draw the curtains at dusk to keep the heat in and the draughts out
- Don't forget that the room will heat up if you are having guests round so don't go mad with the heating
- Don't overdo the catering; wasted food makes a significant contribution towards carbon dioxide emissions
- Warm the plates in the oven as it cools down after your food has cooked.
- Make sure the lights are turned off when you leave the room
- When boiling water, only fill the kettle as much as you need – but make sure you cover the metal element at the base.
- If you have dimmable halogen bulbs try turning your dimmer switches down to reduce the amount of energy used to light your room.
- Energy saving lightbulbs last longer and save you money over the longer term.
Technology has moved on a lot since energy saving lightbulbs were first invented, and so has the way they look. Whatever types of bulbs you use to light your home, there are sure to be stylish energy saving equivalents. They range from stick shaped bulbs and candle shaped varieties, with small or medium screw and bayonet fittings and there are even halogen and dimmable energy saving bulbs on the market.

Stop wasting energy in your living room



- Draw the curtains at dusk to keep the heat in
- Make sure items that are not in use are unplugged or switched off at the wall (when was the last time you used your video recorder?!)
- Only turn on the lights when you need them.
- Don't leave things on standby - this could save around £33 per year on energy bills.
- Close internal doors to keep the heat in the rooms you are in and turn radiators off in unused rooms.
- Consider putting on an extra layer of clothing before turning up the heating.
- Clear a space around your plug sockets to make it easy to turn items off at the mains or consider purchasing a standby saving device.
- Energy efficient light bulbs save on average around £2.50 a year each.
- Put your digital recorder on a separate plug socket so you can turn off everything else at the mains but keep your series link recordings
- If you are going on holiday, switch off your television and set-top box at the plug
- If you are thinking about buying a new TV, look for the Energy Saving Recommended logo. This is your guarantee that the appliance you buy is among the most energy efficient on the market. All Energy Saving Recommended TVs have integrated digital tuners so they do not require a separate set-top box, which helps to stop wasting energy.
- Remember that the energy consumption of your TV is strongly linked to the screen-size. If you are thinking about buying a new TV think carefully about how big a screen you actually need. Smaller TVs are generally cheaper to run.
- If you are using your television to access digital radio, it's more energy efficient to opt for

a blank screen. Better still, get a digital radio instead.

- Get into the habit of turning off the television at the socket or on the set, and not leaving it on standby. You can buy mains controllers which do this by remote control.
- If you currently have a separate set-top box, or digital recorder, put your television on a different socket so that you can turn the TV off at the mains without disrupting any series link recordings.
- Make sure the brightness setting on your TV is suitable for your room. The brighter the TV is set, the more energy it uses. The factory settings on TVs are often too bright for home use.
- Consider investing in an intelligent mains controller so that all the equipment linked to your TV (video recorder, DVD player, games controllers etc) are automatically switched off whenever the TV is turned off.
- If you don't want to purchase a controller, clear a space around your plug sockets to make it easier to turn items off at the mains, or invest in an individually switched extension lead.
- If you are replacing old TVs or other electrical equipment, dispose of it in a way that means it can be recycled, rather than sending it to landfill. Whenever you buy new electrical appliances, the retailer is obliged under legislation introduced in 2007 to either take back the old equipment, or tell you where you can take it to recycle it. You can also find out where to recycle electrical equipment locally by ringing the council, or using the 'Bank Locator' search tool on the Recycle-more.co.uk website.

Washing tips



Check out some of the easy ways you can clean up your act and waste less energy when you do the washing.

Tips for reducing the energy costs of your washing machine

- If you are thinking of buying a new washing machine, look out for the Energy Saving Recommended logo – this guarantees that the appliance you buy is in the top 20% of the market for energy efficiency. All Energy Saving Recommended washing machines are A-rated for energy efficiency, spin efficiency and wash performance.
- Washing clothes at 30 degrees rather than at higher temperatures uses around 40% less energy. Modern washing powders and detergents work just as effectively at lower temperatures so unless you have very dirty washing, bear this in mind.
- Wait until you have a full load before putting on a wash - two half-loads use more energy than a single full load.
- If possible, make sure that the machine is turned off at the socket when not in use. If any lights are on, then the machine will still be using electricity.
- Try to minimise unnecessary washing by hanging up clothes to air after wearing them so you can get the maximum use out of each item before needing to wash it.
- Line-dry clothes whenever possible, especially during the summer months, but also on dry winter days – your clothes will feel and smell fresher too.
- If you tumble dry your wet laundry, choosing a wash cycle with a higher final spin speed. This will mean that your clothes are already drier when you take them out of the washing machine and will need less time in the tumble-dryer.
- Hang or fold clothes up straight away after drying them so they will need less ironing

Tips for reducing the energy costs of your washer dryer

- Wait until you have a full load before putting on a wash - two half-loads use more energy than a single full load.
- Improve the quality of the washing and drying by performing the regular maintenance suggested in the manual, such as cleaning out the dispenser drawer and lint filter.
- When you do use the drier function, choose a wash cycle with a higher final spin speed so that more water is removed from the clothes during spinning and they need less time in the drying cycle. Spinning clothes does not consume much energy
- Don't dry for longer than needed – it wastes energy

Tips for reducing the energy costs of your tumble dryer

- If possible, save on your energy bills by line-drying clothes whenever possible, even on dry winter days, rather than using the tumble dryer. Your clothes will feel and smell fresher and probably dry more quickly than you expect..
- If you are considering buying a new tumble-dryer, look out for the Energy Saving Recommended logo – this guarantees that you are buying one of the most energy efficient appliances available on the market. All Energy Saving Recommended dryers are either A or B rated for energy efficiency or have an electronic sensor system to ensure the clothes are not dried for longer than necessary.
- Spinning your clothes on the washing machine's highest spin cycle will remove as much water as possible, so they will dry more quickly on the line or in the tumble dryer.
- If you have a washer/dryer make sure you don't accidentally use the tumble dryer function when you don't need it.
- Make sure your tumble dryer's filters are fluff free.
- Don't dry for longer than needed – it wastes energy.
- Switch your tumble dryer off at the plug socket when not in use.
- Sort out the washed clothes to make sure only the ones that need to be tumble dried get included on the drying cycle.