



Home energy advice

Tips for lower energy bills

We want you to be warm and comfortable in your home, but we know that cutting down on costs is important too. Follow our easy tips on using energy economically.

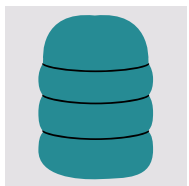


Keep the heat in. Close the curtains when it's getting dark and tuck them behind the radiator.

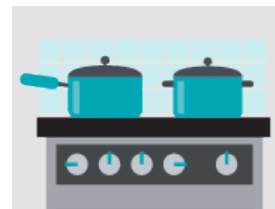
Set your hot water timer. If you're on Economy 7 make sure your water is heating up at night. An hour a day of on peak water heating adds around £400 to your annual bill.



Taking showers instead of baths saves around £200 a year on water heating. Electric showers use a lot of energy, so if you have one and want to save, you could get a shower timer. Taking 4-minute showers can save you £260 a year.



Get a hot water cylinder jacket. A thick insulating jacket can save around £100 on bills a year.

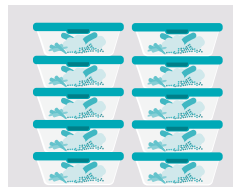


Keep the lids on saucepans. You'll be able to turn down the gas or electricity, and save money. And use the right size ring for the saucepan.

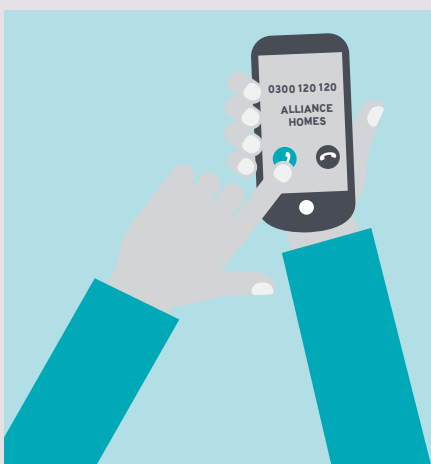
Turn down radiators in rooms you don't use much. Use your central thermostat to control overall temperature.



Make a big batch. Cook more than one meal at a time and freeze it for another day. And use a microwave rather than the oven to reheat meals.



Get extra help For more information contact our Home Energy Advisors on 0300 120 120



If you're really struggling with your bills you might be entitled to extra support:

The Warm Home Discount is a rebate on your household electricity bill (it was £150 for the winter of 2021-22).

A **Winter Fuel Payment** of between £250 and £600 is available if you were born on or before 25 September 1956.

Cold Weather Payments are made when the average temperature in your area is recorded as or forecast to be, 0°C or below over seven consecutive days.

You could get help through the **Energy Company Obligation** to insulate your house. This will make it cheaper to heat.



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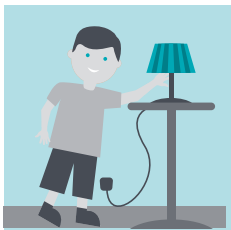
Give your clothes a day in the sun; and give your tumble drier a break. Clothes dried in the fresh air feel great, and there are drying days in winter, too.

When you're cooking, keep the oven door shut as much as possible; every time you open it, nearly a quarter of the heat escapes.



Food in the oven cooks faster when the air inside flows freely, so don't put foil on the racks.

Don't leave your phone on charge all night. It only needs three hours – and try not to leave the TV and other kit on stand-by.



Catch 'em young. Encourage your children to switch off electric toys and lights that they're not using. They'll soon get the hang of saving energy.

Cup of tea or coffee? Only fill the kettle with as much water as you'll actually use (but make sure you cover the metal element at the base)



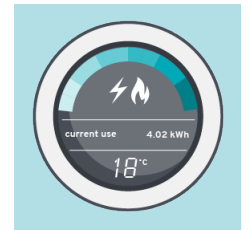
Dodge the draught! Fit draught-excluders to your front door, letter box and key hole, and draw your curtains at dusk to keep the heat in.



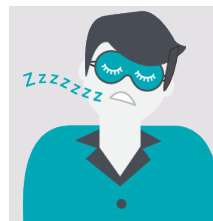
Buying a new appliance? Check the energy label and buy A-rated appliances which will be the most efficient.

Be a friend to your freezer. Defrost it regularly to help it run more efficiently.

Turn your heating down by just 1 degree. You'll hardly notice the change in temperature, but it'll make a big difference to your heating bill.



Wait until you have a full load before running the dishwasher or washing machine. One full load uses less energy (and water) than two half-loads.



Sleep tight. Make sure all the lights are turned off when you go to bed, or use a low-wattage night light if you do need to leave one on.

New computer? Laptops typically use around 85% less energy than a new desktop PC.



For Home Energy advice please contact our Home Energy Advisors on **03000 120 120** or at homeenergyservice@alliancehomes.org.uk

Centre for Sustainable Energy

Produced in collaboration with the Centre for Sustainable Energy (CSE).

The charity supporting people and organisations to tackle the climate emergency and end the suffering caused by cold homes.

cse.org.uk

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