



Use less energy and save money

Some answers to frequently asked questions about energy efficiency.

What is energy efficiency?

Energy efficiency means getting the most out of the energy we use.

How can I be energy efficient?

Two examples are switching off lights when you leave a room and not leaving the television in 'standby' mode.

How else can I use less energy?

With the efficient use of heating, using 'eco' lightbulbs and energy efficient white goods. See our 'Top tips' for a full list.

Why, what will I personally gain?

Money: It may be possible to save up to £250 on energy bills in a year. Even if you just use modern 'eco' lightbulbs you will save money in the long term as 'eco' lightbulbs last up to 12 times longer than standard lightbulbs and use a lot less energy; and

Health: Damp and cold can increase the risk of asthma and respiratory disease. If the home is warm and dry the risk of condensation is reduced, and so is the risk of asthma, respiratory, or heart disease.

Top tips for using less energy and saving money

- 1** Get to know your heating controls. Check they are set for the right seasonal needs and that the water temperature is not too hot; the thermostat for heating water should be around 60°C. Reducing the room temperature setting by 1°C could save 10% off your fuel bill.
- 2** Defrost fridge and freezer regularly so they are not 'iced up' or they will use more energy. Let food cool before putting it in the fridge.
- 3** Close curtains at night and tuck behind the radiator to reduce the amount of lost heat.
- 4** Switch off lights when you leave a room.
- 5** Only boil enough water for what you need in the kettle but always cover the element.
- 6** Use the smallest saucepan you need for cooking and keep the lid on to reduce evaporation and condensation.
- 7** Keep radiators clear to allow them to heat the room. Use foil behind the radiator to reflect heat back into the room.
- 8** Don't use 'standby' mode on your television or other electric items (where possible).
- 9** Disconnect your phone charger when not in use. About 95% of the energy used to charge mobile phones is wasted by being left plugged in after the phone is charged.
- 10** Use the washing machine on a lower temperature when items are not heavily soiled and make a full load where possible. A wash on 40°C uses 30% less energy than at 60°C.
- 11** Use energy saving 'eco' bulbs which can save you up to £7 a year in electricity for each bulb.
- 12** Use the microwave to assist your cooking; it can be up to 90% cheaper than using the oven.