

Energy Saving Tips

Tip 1: Understand your bill

The information on a typical energy bill can be confusing. But understanding it can go a long way to helping you get to grips with your energy use. Your energy supplier should be able to help you with this.

Tip 2: Switch off standby

You can save around £30 a year just by remembering to turn your appliances off standby mode.

Almost all electrical and electronic appliances can be turned off at the plug without upsetting their programming. You may want to think about getting a standby saver which allows you to turn all your appliances off standby in one go. Check the instructions for any appliances you aren't sure about. Some satellite and digital TV recorders may need to be left plugged in so they can keep track of any programmes you want to record.

Tip 3: Careful in your kitchen

You can save around £30 a year from your energy bill just by using your kitchen appliances more carefully:

- Use a bowl to wash up rather than a running tap and save around £25 a year in energy bills
- Only fill the kettle with the amount of water that you need and save around £7 a year
- If your cooker ring isn't fully covered by your pan you're wasting energy!
- Cut back your washing machine use by just one cycle per week and save around £5 a year on energy. Do a full load whenever possible and try washing at 30°C

Tip 4: Take control of your heating

More than half the money spent on average fuel bills goes towards providing heating and hot water. Using controls efficiently could save you around £75 a year. Your FCHO home should be fitted with:

- A modern condensing boiler
- A heating programmer which allows you to set times for your heating to come on and go off
- Thermostatic Radiator Valves (TRVs) fitted to all radiators allowing you to control the heat in each room*
- A room thermostat (sometimes called a 'roomstat') which switches your heating system on and off when a certain temperature is reached

You could reduce your energy bill by:

- Turning down the radiators in rooms you don't use
- Turn your heating off, or turn the temperature right down, when you're not at home
- Turn down your room thermostat by just one degree (this could save around £80 a year)

**one of your radiators won't have a TRV (usually in the hall) – this is a necessary part of your heating system design.*

Tip 5: Sunshine is free!

Open the curtains and let the sunshine into your home. It will give you free warmth, even in winter. It will also dry your clothes for free if you hang them outside.

Tip 6: Get savvy with a smart meter

Smart meters show you exactly how much energy you are using in pounds and pence, helping you to manage your bills.

Contact your supplier to ask about having a Smart Meter installed free of charge, or visit www.smartenergygb.org for more information.

Tip 7: Switch to LEDs or energy saving bulbs

You can now get LED spotlights that are bright enough to replace halogens, as well as regular energy saving bulbs ('compact fluorescent lamps' or CFLs). They come in a variety of shapes, sizes and fittings.

If the average household replaced all of their bulbs with LEDs, it would cost about £100 and save about £35 a year on bills.

Tip 8: Turn off lights

Turn your lights off when you're not using them. If you switch a light off for just a few seconds, you will save more energy than it takes for the light to start up again, regardless of the type of light. This will save you around £14 on your annual energy bills.

Tip 9: Shop around

You could save money by switch gas and electricity supplier. FCHO's energy switching partner is Energy Angels. Go to www.fcho.co.uk/living-in-your-home/switch-and-save/ to compare prices or ring **Energy Angels 0161 870 0452**.

It will help if you have information ready about your supplier and your energy bills.

We can also help you with switching.

Tip 10: Sort out your energy debts

Your energy debt repayments can be expensive and may be stopping you from switching to a better deal. If you would like advice on energy or water debts please ask us about a referral to Warmer Homes Oldham.