

Energy Saving Tips

from your credit union



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Our Energy Saving Tips

Finding energy savings tips to reduce the cost of heating our homes has never been more important, with energy bills rising for millions this year and potentially into 2023.



Thermostat: Try turning your thermostat down by just one degree can save your £80 a year. Recommend room temperature is between 18 degrees and 21 degrees. Turning it down by just one degree could save you up to £128 per year.



Plugs: Unplug at the socket when not in use.



Insulation Jacket: Putting an insulation jacket on your hot water tank could save you £35 per year.



Spare Rooms: Turn the radiators off in rooms you don't use and close the doors.



Water Saving Devices: Check with your water supplier, many of them offer free water savings devices, i.e. water-saving shower head. By saving water, you also reduce your energy consumption. [Get water fit.](#)



Off Peak Usage: Check with your energy supplier if you can have off peak usage.

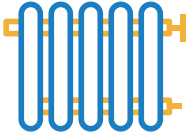


Radiator Thermostats: Invest in individual thermostats, these allow you to control in heat in each room. Not all rooms need the same amount of heat.



Draughts: Don't let the heat escape to the outside or a cold hallway. Block up any draughts with draught excluded or a towel will also work. Invest in thermal curtains and tuck them behind the radiators to minimize heat loss. You will keep more heat in your home if you pull your curtains before it gets dark (up to 15% reduction in heat loss)

Radiators



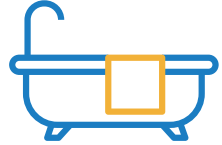
Make sure to regularly bleed the radiators in your house, because if they are full of air, they won't be heating your house efficiently.

Kettles



As a nation of tea & coffee drinkers, the UK spends £1b each year on boiling kettles. Only fill the kettle for the amount of cups you require, then enjoy your brew you deserve it!

Showers



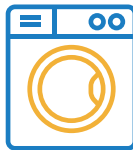
Aim to cut down your shower time - this will reduce your water and energy consumption. Keep baths for a treat!

Energy Saving Bulbs



Look for a low wattage and high lumen. There are different types of energy saving bulbs, LED bulbs are generally the best.

Washing Machines



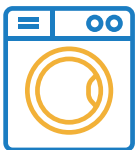
Try cutting out one wash load a week and only put the machine on when full. Washing clothes at 30c uses 40% less electricity.

TV's



If you're thinking about buying a new TV, be aware that large and Plasma TVs are more expensive. Try not to leave the TV on or standby when not in use.

Tumble Dryers



Find other ways to dry clothes, i.e clothes horse, radiator rails, or outside. Don't hang wet clothes on radiators as this will cause condensation and make boilers work harder.

Boilers



Setting your boiler's flow temperature between 55-60 degrees could save you £70. If you have a combi boiler the recommended temperature for heat is 50c and 55c for hot water.

Lighting



We know it is an obvious one, but turn off all lights as you leave a room and train your teenagers to do this as well. Good Luck!

Investments for a more energy efficient home...

Finances allowing, below are some large changes you can make to create a more efficient home.

- Replacing an old boiler will save you money in the long term as a new boiler will be more energy efficient and it will save you money in the long term.
- Replacing your windows with double glazing or triple glazing.
- Loft Insulation, as we know heat rises we can lose a lot of heat through our roofs. Topping up your loft insulation will make your home warmer and save you money on your energy bills.
- If you are buying any new large appliances check the energy rating and aim to purchase the one with the best energy rating.
- Solar panels are a long term investment, so if you intend staying your property long term they might be worth looking into. They typically take 12 to 14 years to recoup the installations costs.

We hope some of these tips help in the coming months.

