

Energy Saving Tips



Useful tips and ideas on how to conserve energy and reduce your fuel bills



Only boil as much water as you need

But remember - make sure you cover the element if you are using an electric kettle

Turn your thermostat down by 1 degree

Reducing your room temperature could reduce your annual bill by about 10%

Do not leave appliances, such as TVs, DVDs and stereos on standby

A simple and easy way to reduce energy consumption - saving you money at the same time

Install at least 3 energy saving light bulbs

These bulbs last on average 12 times longer than normal bulbs - with possible savings of up to £100 during the life of the bulb

Wash clothes at 30 degrees

Washing clothes at 30 degrees means you use a third less electric compared to washing at 60 degrees

Buy energy efficient appliances

All modern appliances are coded to show their efficiency - try to buy the most energy efficient model you can

Don't use your car for short journeys

You will help to reduce carbon dioxide emissions - walking and cycling is also a great way to improve your health

Have a shower instead of a bath

A typical shower will use two-fifths of the hot water needed for a bath

Turn off the lights when leaving a room

Saves energy, meaning it will save you money

Fully load your washing machine

A fully loaded machine uses less water than two half washes - saving you water and energy



EDF Trust Fund

0800 3289 010

Advice and grants for EDF, London Electric and SWALEC customers who struggle to pay their bills

PowerGen StayWarm

0800 1694 694

Special fuel tariffs for the over 60s - including additional benefit advice and a hardship fund

British Gas Trust Fund

www.britishgasenergytrust.org.uk/grants

Can pay for arrears in fuel charges for British Gas customers and can cover arrears on other essential bills

This leaflet on THCH's Energy Saving Tips is available in English and can be requested in Bengali, Somali, Braille, Large Print and on Audio Tape via your Community Housing Office

Buugyarahan 'Fikradaha Kaydsashada Tamarta' (Energy Saving Tips) waxaa lagu codsan karaa af Bengaali, Soomaali, farta Braille ee dadka indhaha la', Far Waaweyn iyo Cajalad Dhegeysi waxaanad u doonan kartaa Xafiiskaaga Guryeynta Bulshada (Community Housing Office)

‘এনার্জি সেভিংস্ টিপস্’ (Energy Saving Tips) বা জ্বালানী সাশ্রয়ী পরামর্শ নামক এই লিফলেটটি বাংলা ও সোমালী ভাষায়, ব্রেল (অম্পলিপি), বড় ছাপায় এবং অডিও টেপে (শুনার ক্যাসেটে) পেতে হলে আপনার কমিউনিটি হার্জিঞ্জ অফিসে অনুরোধ করুন।

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