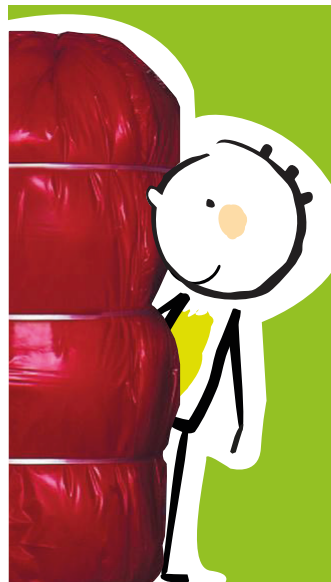


Energy Saving Advice

ecotricity



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The average UK household overspends £200 a year on energy bills and most houses create around six tonnes of carbon dioxide, the main greenhouse gas, each year.

It doesn't have to be this way. There are some very simple things you can do to make your home more energy efficient, and to cut the cost of your bills.

Stop the draught

Insulation stops heat leaking out of your home and cold seeping in. A quarter of your heat is lost through the roof and a third seeps out through the walls.

Heat rises, so insulating your loft, attic or flat roof is a simple and effective way to reduce your heating bills and CO2 emissions. Loft insulation is effective for at least 42 years and it should pay for itself many times over. It can save you around £115 - £240 a year depending on the size of your home.

If your house was built after the 1920s, it's likely to have cavity walls. Cavity wall insulation is one of the best ways to keep heat in and save

money. If you live in a flat you could save £90 a year, or for a detached house your saving is likely to be nearly £270 a year.

Keep that warm feeling for longer by reducing draughts from floors, windows, letterboxes, doors and fireplaces – and you could save yourself up to £50 a year on your energy bill. If you're not using your chimney, get a draught excluder.

Seal it

All properties lose heat through their windows. But energy efficient glazing keeps your home warmer and quieter as well as reducing your energy bills. That might mean double or triple glazing, secondary glazing, or just heavier curtains. If you went around your whole house and replaced old single glazing with Energy Saving Recommended double glazing, you could save £40 - £160 each year.

A cheaper alternative is to tape polythene across your windows, it keeps heat in and the cold out. Watch out for damp though, your home still needs to be able to breathe. You can also use draft-proofing strips or brushes, depending on the type of windows you have. Just remember, it's important you get a good 'fit'. While you're at it, fit draught excluders to your doors, too.

Floors can be draughty, too. Older homes are more likely to have suspended timber floors. Timber floors can be insulated by lifting the



Stay warm in bed with a toasty hot water bottle – it's much cheaper than an electric blanket.

floorboards and laying mineral wool insulation supported by netting between the joists. You don't need to insulate the floors of upstairs rooms in your house if they're above heated spaces, but you should think about insulating any floors that are above unheated spaces such as garages.

If you can't insulate your floors, you can use sealant to block gaps and draughts around skirting boards and floors. And If you have an old chimney you don't use, get a chimney draught excluder.

Get cosy

As soon as it gets dark and cold, close your curtains. Shut your doors and keep the heat in the rooms that you use rather than letting it seep away.

Keep your radiators clear of furniture or laundry because they absorb a lot of heat. A shelf above your radiator will push warm air into the room, and putting foil behind it keeps more of that heat inside your home.

Stay warm in bed with a warmer duvet in the winter and a toasty hot water bottle – it's much cheaper than an electric blanket. If you don't have carpets, get some rugs in the winter to keep your toes warm.

Heating and hot water

More than a half of your energy bill goes towards providing you with heating and hot water. Saving energy on heating will save you the most money. Modern boilers are more efficient for several reasons, but their main advantage is that they're condensing boilers. Older boilers inevitably lose some heat in the hot gases from burning. A condensing boiler is more efficient as it recovers the heat from these hot gases - releasing cooler gases.

Depending on the rating of your current boiler, if you live in a flat, changing to a modern 'A' rated boiler could save you between £70 - £140 a year. If you live in a detached house, it could be as much as £300 - £570.

Fitting a British Standard jacket around an uninsulated cylinder will cut heat loss by more than 75% and could save you around £140 a year, which is more than the cost of the jacket. If you insulate pipes too, this will add an extra £10 a year saving.

There are a couple of no-brainers which are easy money savers. Set your heating to go off

*Lagging your tank
can cost as little
£15 and can save
up to £140 per year.*



30 minutes before you leave the house and to come on again 30 minutes before you expect to return. Turn it off completely overnight and when no one is in the house. Your central heating timer will do this automatically. Or if you have night storage heaters, find out more about how to use them and save yourself money – the Centre for Sustainable Energy (csc.org.uk) has advice on this.

Cool it down

Knocking a degree or so off your thermostat will cut your heating bills by 10%. You'll stay cosy if you keep temperatures around 20oC (68oF) in living rooms and 16oC (60oF) in bedrooms.

Don't let it go down the plughole

Washing up uses less water and much less energy than a dishwasher. Running hot water costs money – think of all that energy it takes to heat it – so make sure you stick a plug in your sink. Turning taps off properly and repairing ones that drip is also a good idea. A dripping tap can waste up to 1,400 litres of hot water a year.



Cool it at bath time

Baths should be warm, not boiling. Setting the thermostat at 60°C/140°F should be just fine for most people. Alternatively, a shower uses two-fifths of the water needed for a bath. It's quicker, easier and cheaper. Set the timer for your water heating for a couple of hours in the morning or at night – it will give you all the hot water that you need and it's much cheaper.

Lighting

Fit energy saving bulbs

Lighting gobbles up 15-18% of our electricity use. If you use a particular light for more than four hours a day, it's worth changing it. Compact fluorescent lamps (CFL) will save you £3 a year or £50 over the life of the bulb, while LEDs are great for spotlights and dimmable lights and can save as much as £30 a year.

Switch off

It's a bit obvious, but always turn the light off when you leave a room. Adjusting your curtains or blinds to let in as much light as possible during the day means you won't be tempted to reach for the light switch too early.

The green science of the appliance

Always look for the most energy efficient new appliances, and when you get them home don't leave them on standby – we're talking TV, stereo, computer or games consoles. And for things like your iPad or phone, don't leave them filling up with juice when they're already full.

Roughly 8% of your bill is spent on 'stand-by'. For the average house, that's around £50-£90 a year spent on that little red light - what a waste! It's worth paying for remote controlled 'stand-by

plugs' which switch appliances off when you press the handset.

Washing machines, tumble driers and dishwashers produce around eight million tonnes of CO₂ each year – that's the same amount as about two and a half million cars, which is about the same as the number of cars in London.

Save energy and costs by choosing energy efficient appliances. Energy ratings appear on a coloured scale from A+++ (most efficient) to D (least efficient). Ovens carrying an 'A' rating use up to 40% less energy than one with a 'B' rating.

Fridges, freezers and fridge-freezers are on 24 hours a day, so it's worth investing in one with the highest energy rating you can afford. An A+++ rated fridge freezer will save you £190 over its life compared to an A+ fridge freezer.

Always use a full load in your washing machine (and your dishwasher) and stick to the 30°C temperature, it will use about 40% less electricity and save you £10 a year. If you can't fill it up, bung in a half load and use the 'half load setting' or, if your machine has one, the eco setting.

Hang clothes outside to dry, instead of using a tumble dryer. Don't hang them on radiators as they just swallow up the heat. If you do use a dryer, don't load it up with really wet clothes – wring them out or spin dry them first; it's much faster and it'll save you cash. Clean the filter every time to save more too, and don't forget,

if you are on Economy 7, your electricity is cheaper at night, but costs more in the day.

Green cuisine

Cook in a pan of the right size, with a lid, and use just enough water to cover vegetables, boiling the water in the kettle first.

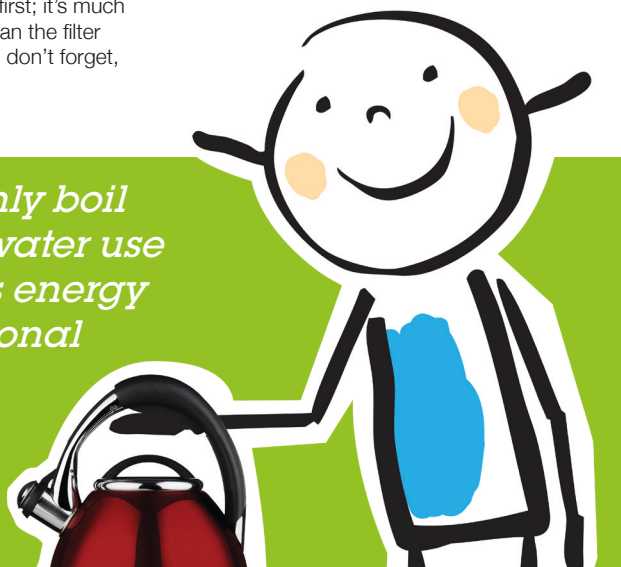
Kettles that only boil the required water use up to 20% less energy over conventional kettles, and if you live in a hard water area and you have a build up of limescale in your kettle, treat it with vinegar or descaling solutions to make it more efficient.

Turn your oven off 5 - 10 minutes before the scheduled cooking time. Ovens are energy hungry and you can use the built-up heat to finish cooking. Keep the oven door shut, because every time you open it, you lose a quarter of the heat.

Cooking more than one meal at a time and freezing it for another day will save you money. Using a microwave for small items and using a slow-cooker for stews or soups is much cheaper than an oven.

Allow hot or warm food to cool down before putting it in the fridge – and defrost your fridge

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regularly to keep it running efficiently and cheaply. If you're defrosting food, leave it in the fridge as this cools your fridge for free. If it tends to frost up quickly, check the door seal. Keep your fridge at 3-5oC and freezer at -18oC to make sure they are efficient.

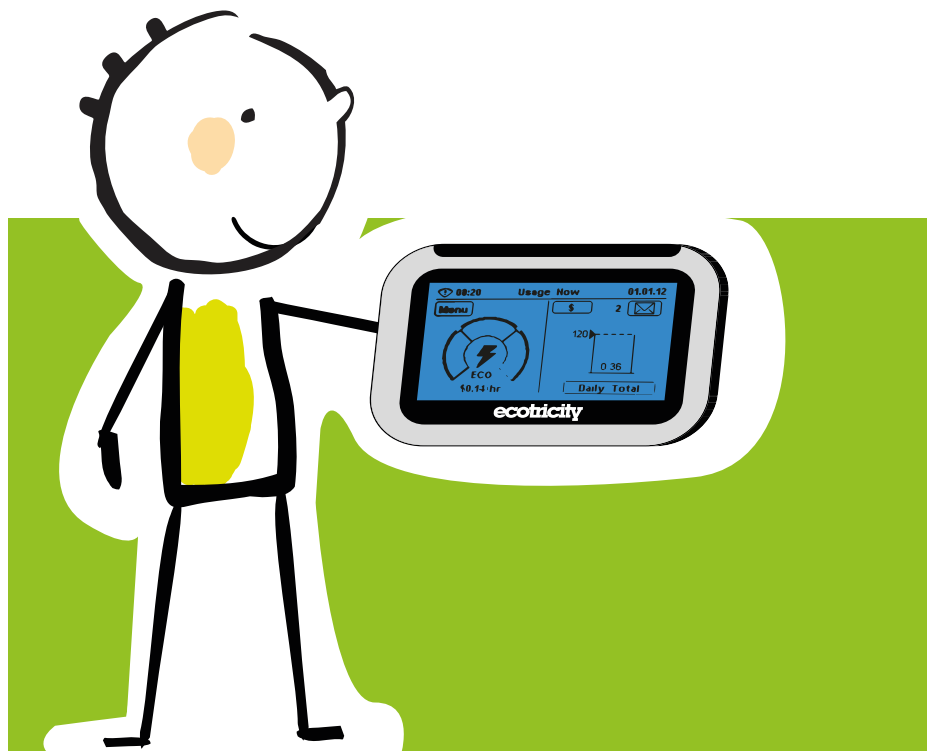
Dusting or vacuuming the coils coming out of the back of your fridge or freezer also helps them run better. While you're at it, empty your vacuum cleaner regularly to use less energy, pick up more dirt, and get the job done quicker.

A full freezer is way more efficient because frozen goods cool each other. And don't forget that your freezer needs to be away from the wall so that air can flow around and the heat can escape.

Smart Meters

Smart meters are the 21st century energy meter – through the smart meter's In Home Display, you'll be able to see how much energy you're using in pounds and pence, and in real time, which will help you to change your usage habits to save energy and money. They're also a crucial step towards the development of the smart grid, where energy suppliers will be better equipped to match supply and demand. So in the future, we can look forward to being rewarded with cheaper tariffs at off-peak times.

Homes will be installed with smart meters at different times, but plans are already underway for all energy suppliers to offer a smart meter to every household in the UK by 2020.



Get in touch

If you'd like any more energy saving tips and advice, just give our Customer Service team a call on **0345 555 7 100** or email **home@ecotricity.co.uk**.

Useful contacts

Citizens Advice Bureau

To get information or advice, call the Citizens Advice consumer helpline on **03454 04 05 06**

You can talk to a Welsh-speaking adviser on **03454 04 05 05**.

England and Wales

Call Energy Saving Advice Service on **0300 123 1234** (all you pay for is a national rate call).

Alternatively, you can email **energy-advice@est.org.uk**

Scotland

Call Home Energy Scotland free on **0808 808 2282**

Energy Savings Trust

Find out more at **energysavingtrust.co.uk** or call on **0300 123 1234**

Energy Supply Ombudsman

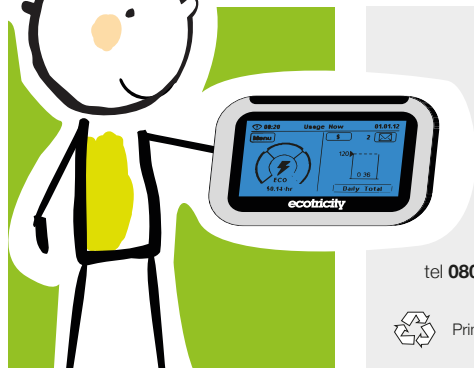
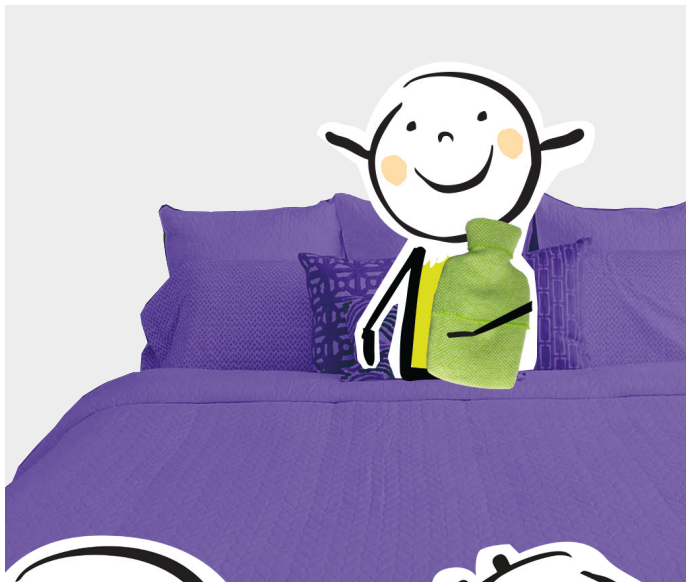
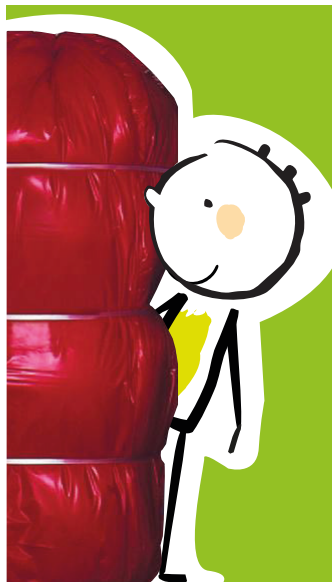
Find out more at **energy-ombudsman.org.uk**. Email at **enquiries@energy-ombudsman.org.uk**

or call on **0330 440 1624** or **0330 440 1600**

PO Box 966 Warrington WA4 9DF

Centre for sustainable energy

Find out more at **cse.org.uk**. Email at **info@cse.org.uk** or call on **0117 934 140**



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