

ecotricity

Energy saving advice



Heating and hot water

More than a half of your energy bill goes towards providing you with heating and hot water. Cut the energy you use and save money by:

- Installing a modern, condensing boiler. 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.
- Fitting a British Standard jacket around an uninsulated cylinder will cut heat loss by over 75% and could save you up to £200 a year. Insulate pipes for even more savings.
- Setting your heating to go off 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.

Cool it down

Knocking a degree or so off your thermostat will cut your heating bills. You'll stay cosy if you keep temperatures between 18 and 21 degrees.

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.

Seal it

All properties lose heat through their windows. 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.

A cheaper alternative is to tape polythene across your windows, it keeps heat in and the cold out. You can also use draught-proofing strips or brushes, depending on the type of windows you have. While you're at it, fit draught excluders to your doors.


Floors can be draughty, too. Timber floors can be insulated by lifting the floorboards and laying mineral wool insulation supported by netting between the joists.

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.

Wrapped boiler image with copy: Lagging your tank can cost as little £15 and can save up to £140 per year.

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; put foil behind it to keep more of that heat inside your home. Stay warm in bed with a warmer duvet in the winter and a toasty hot water bottle or electric blanket – you're less likely to waste energy if you're only heating one space. If you don't have carpets, get some rugs in the winter to keep your toes warm. Fluffy



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

Save £10 a year by only filling the kettle with the amount of water you need



socks or slippers help too, especially if you have wooden floors.

Don't let it go down the plughole

Dishwashers are four times more energy efficient than handwashing your dishes, so long as you wait until it's full before turning it on. Running hot water costs money – think of all the 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 about 5 litres of water each day – that adds up to be over 1,800 per year.

Fit energy saving bulbs

Lighting gobbles up 15% of our electricity use. Compact fluorescent lamps (CFL) and light emitting diodes (LED) are a cost-effective alternative to traditional lightbulbs. LEDs are great for spotlights and dimmable lights.

It's a bit obvious, but always turn the light off when you leave a room.

The green science of the appliance

Always look for the most energy efficient new appliances and don't leave them on standby.

For things like your iPad or phone, don't leave them filling up with juice when they're already full.

Save energy and costs by choosing energy efficient appliances. Energy ratings appear on a

coloured scale from A+++ (most efficient) to D (least efficient).

Always use a full load in your washing machine (and your dishwasher) and wash at 30C, it'll use around 40% less electricity than washing at 40C.

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.

Making a cuppa? USwitch estimates that the average Brit adds almost £40 per year to their energy bills by overfilling their kettle by half each time.

If you have an electric oven, turn it 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 could lose up to a quarter of the heat.

Cooking more than one meal at a time and freezing it for another day will save you money. Instead of using the oven to reheat your food, use a microwave.

If you're cooking for one or two people, air fryers are cheaper to run, whilst ovens and slow cookers are best for batch cooking.

Allow hot or warm food to cool down before putting it in the fridge – and defrost your fridge 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 3-5C and freezer at -18C to make sure they're running efficiently.

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

To get information or advice, call the Citizens Advice consumer helpline on **0808 223 1133**.

You can talk to a Welsh-speaking adviser on **0808 223 1144**.

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 Saving 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 **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**.

Priority services

We realise that some of our customers, such as the elderly, disabled or chronically ill or those with children under the age of five living in the property need extra care and services. If you do, we recommend you join our Priority Services by calling **0345 555 7 100** or visiting **ecotricity.co.uk/priority-services**.

