



How to reduce energy in your home

In response to rising energy prices, many of us are looking into ways to lower our energy costs. This guide provides advice on understanding and paying your energy bill, as well as some practical steps to being more energy efficient at home.

Understanding and managing your energy bills



Accurate meter readings

Without accurate meter readings, suppliers estimate usage, meaning you can end up paying more than you should. Contact your energy supplier and ask to submit your meter readings each month. Alternatively, request a smart meter to automatically submit energy and gas readings to your supplier.



Switch providers

While increases in wholesale energy costs mean that fewer deals are currently available on price comparison sites, it's still worth checking to see if you can get a cheaper deal by switching provider. Energy comparison sites like Uswitch allow consumers to easily compare energy deals on the market. Also consider switching to a fixed green energy tariff, which is no more expensive than non-renewable energy, and can save money when compared to standard variable tariffs.



Investigate your energy bills

Understand how your energy supplier charges you. Check your energy bills to see if you have different night and day tariffs. This will allow you to optimise your energy use, for example, doing the laundry or dishwasher during the lower charge period.



Look at what support you may be entitled to

You may be entitled to subsidised bills if you meet particular criteria. You can use the Citizens Advice Benefits Calculator to see if there are any funds you should be claiming.

For those claiming financial support such as income-based jobseekers allowance, income support, universal credit or pension credit, there are also schemes available to help you pay your energy charges from your benefits.

Households eligible for the Winter Fuel Payment will receive an additional £300 in November or December, which should cover nearly all pensioners across the UK. In addition, all homes across England, Scotland and Wales in council tax bands A to D (or up to E if a householder has a disability) are entitled to a £150 energy rebate, which should have been received in September 2022.



Help paying bills

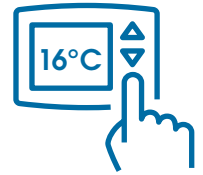
If you're unable to pay your energy bill, contact your supplier. They may be able to put you onto a payment plan or install a prepayment meter. This helps to pay off debt more gradually and help you to avoid getting into further debt.

Quick wins

1

Set your thermostat for optimum energy usage

Even turning the thermostat down by one degree can make a big difference. Turning down the temperature in the bedroom and using an electric blanket can also be a more cost-effective way to keep warm at night



2

Switch off appliances when not in use

Turn your appliances in standby mode and lights off when not in use



3

More efficient laundry

Put your washing machine on a colder cycle and avoid the tumble drier. Using your washing machine on a 30-degree cycle **can make savings of around £34, while drying your clothes on a rack can save £70 a year**



4

Shorter showers

Reducing your shower time to just 4 minutes could **save a typical household £95 annually**



5

Put your dishwasher on an eco-wash

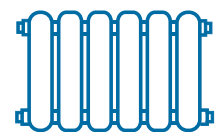
Put your dishwasher onto energy-saving mode and reduce the temperature. Also try to only put the dishwasher only when it's full to reduce use. Use energy intensive household appliances like these during off-peak charging times, typically between 10pm and 7am



6

Check your radiators

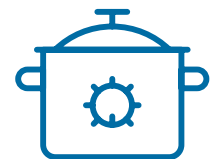
Check your radiators are working properly (if the top feels cooler than the bottom then it may need bleeding)



7

Save energy while you cook

Only boiling the amount of water needed, putting lids on saucepans to cook food faster and turning off the heat a couple of minutes before food is cooked



8

Using your curtains

Leave your curtains or blinds open for as long as possible to let natural light and warmth in. Close your curtains at night and tuck them behind the radiator to trap in heat



Invest in energy efficiency savings

1

Make the switch to more energy-efficient lighting

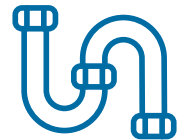
While LED lightbulbs have a more expensive upfront cost than an incandescent bulb, they generate significant savings. Comparing the lifetimes of one lightbulb, **an LED bulb can save you around £153.40 compared to an incandescent bulb**



2

Insulate your home

A well-insulated home helps to reduce heat loss and save on energy bills. Consider insulating your loft as well as your water tank, pipes and radiators to reduce dependence on boilers



3

Keep your boiler in check

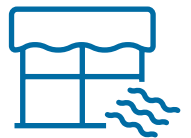
A boiler needs to be serviced annually to ensure it is working correctly



4

Block out draughts

Older homes can be prone to heat loss through draughts around the doors, windows, and chimneys. Investing in professional draught-proofing can make big savings, however it can be expensive. You can also do your own DIY draught proofing by replacing cracks with gaps under doors that let the heat out



5

Swap to a water-efficient shower head

A water-efficient shower head costs around £20-£40 but can help you to save on your annual energy bill. **According to the energy saving trust, a water-efficient shower head can save a household up to £195 a year**



Create an
**energy-
efficient**
home

We hope the above tips are useful and make a difference to you and your family during these challenging times.

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