



TOP TIPS TO KEEP WARM,  
SAVE ENERGY & SAVE MONEY



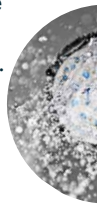
It's a worrying time for households across Britain. Energy prices are rising, along with food bills and taxes. LEAP can provide support and advice if you're struggling to cope. A good place to start is to follow our simple energy saving tips below - all of these can help to reduce your energy bills.








- 1. Turn the thermostat down by one degree.** This could reduce your heating bill by up to 10%. The ideal room temperature is between 18 -21°C and at 15°C and below, you are at risk of cold related illness. Thermostatic radiator valves (TRVs) on each radiator can be individually set at different temperature levels so that you keep the rooms you use the most warmer.
- 2. Turn off lights that are not being used.** Switch to energy saving lightbulbs. If you're having to work or study at home at the moment, try and make the most of natural light and consider moving desks near windows.
- 3. Avoid using standby on electrical appliances.** Devices on standby mode can use almost as much energy as when they are being used. Avoid using standby and use a power saving plug. A power saving plug lets you choose what you want to keep on or turn off at any given time.
- 4. Set internet usage guidelines for your household.** Setting a few rules is a great way to help lower costs. Consider using low-powered devices. Instead of streaming a show on your television, watch it on a more energy efficient device like a laptop or tablet. You can turn down the brightness and volume of your device to save on power. Streaming at a lower resolution will also help.

Small adjustments to your daily habits during this difficult time can have a huge impact on the amount you save on your energy over the next few months. Keep reading to discover some easy changes you can make to save on your next bill.

- 5. Wash clothes at 30°C.** Reducing the temperature of your wash from 40°C to 30°C could cost you 40% less. A cooler wash helps keep clothes looking newer for longer.
- 6. Dry clothes outside.** Tumble dryers are amongst the most energy intensive appliances in the home. Drying clothes outside could reduce the amount of condensation in your home and can help reduce issues with damp and mould.
- 7. Maximise washing loads.** Ensuring that your washing machine or dishwasher is always full before you put it on means you will have to do fewer loads. These appliances use the same amount of energy regardless of how full they are.
- 8. Wash up in a bowl rather than the sink.** A washing up bowl takes less water to fill which will save you money.



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- 9. Replace one bath a week with a shower.** Baths use up far more water than showers (about two and a half times more). Showers are even more efficient if you use a shower aerator.
  - 10. Reduce showering time by one minute.** Electric showers are some of the most energy hungry appliances in our homes.
  - 11. Warm Home Discount.** You will be contacted if you are eligible for a discount of £150 on your electricity bill. There is no need to contact your energy supplier.
  - 12. Meter readings.** If you receive a bill with 'E' it means your bill has been estimated so you may not be paying the correct amount for the energy you have used. Take regular meter readings and submit them to your supplier. Too many estimated readings can sometimes end up in huge unexpected bills. A smart meter will automatically read your meters and update the energy company so consider contacting your supplier to arrange the installation of a free smart meter.
  - 13. Priority Services Register.** If you are of pensionable age, disabled or suffer from long term health problems, you could get extra help such as advance notice on planned power cuts or help reading your meter. Contact your energy supplier to see if you are eligible.
  - 14. Hot water.** If you have a hot water tank ensure it is insulated properly and set the temperature for your electric immersion heater at 60 °C. Don't leave it on the "continuous" setting.
  - 15. Cooking.** When cooking make sure that you use a pan that is the correct size for the ring and put a lid on it. It will heat up quicker and help reduce condensation.
  - 16. Radiators.** Try and move furniture away from blocking the radiator and don't cover them by drying wet washing. Blocking and covering radiators will make the boiler work harder because the heat is not circulating around the home. Drying wet washing will also cause issues with condensation, damp and mould in the room.
  - 17. Refrigeration.** Keep the temperature in your fridge between 3°C - 5°C. Defrost your fridge and freezer on a regular basis to stop the build up of ice. Cool food before you put it in the fridge or freezer.



## FURTHER INFORMATION AND USEFUL LINKS:

LEAP is a free energy and money saving advice service that is helping people keep warm and reduce their energy bills without costing them any money.

**Visit: [applyforleap.org.uk](http://applyforleap.org.uk)**

You can find more information about saving energy in your home on The Energy Saving Trust's website.

**Visit: [energysavingtrust.org.uk](http://energysavingtrust.org.uk)**

### **Home Energy Scotland**

[www.homeenergyscotland.org](http://www.homeenergyscotland.org) – 0808 808 2282

### **Power cuts**

[www.powercut105.com](http://www.powercut105.com) – call 105

### **Smell gas?**

Call 0800 111 999

### **Winter fuel payment**

[www.gov.uk/winter-fuel-payment](http://www.gov.uk/winter-fuel-payment) - 0800 731 0160

### **Citizens Advice** (*England and Wales*)

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

0800 144 8848 – *England*

0800 702 2020 – *Wales*

### **Citizens Advice** (*Scotland*)

[www.cas.org.uk](http://www.cas.org.uk) – 0800 028 1456

### **Money Advice Service**

[www.moneyadvice.service.org.uk/en](http://www.moneyadvice.service.org.uk/en) – 0800 138 7777

### **Simple Energy Advice**

[www.simpleenergyadvice.org.uk](http://www.simpleenergyadvice.org.uk) – 0800 444 202

### **National Debtline**

[www.nationaldebtline.org](http://www.nationaldebtline.org) - 0808 808 4000

