

SAVING ENERGY



HELPING YOU TO
HELP YOURSELF

ENERGY BILLS THROUGH THE ROOF?

Switch and save £100*! Compare energy suppliers with comparison websites or be part of a collective energy switch auction and save money. Visit www.croydon.gov.uk/energyswitch or phone **0800 048 8112**

* The difference between the cheapest and most expensive energy suppliers.

Save even more money by setting up a direct debit instead of paying by cheque or cash, this could save you around £50 a year. Setting up an online account could save and reward you even more.

SMALL CHANGES, BIG SAVINGS

Changing how you use energy around the home will save you more money in the long run. Use these money-saving tips and see a reduction in your energy bills. The more changes you make, the more you will save.

HEATING

- Turning your thermostat down by just one degree can save you around £30 a year.
- Ensuring radiators/heaters are not blocked in any way helps keep heat inside your home.
- Put reflective material behind radiators to reflect heat, and fit draft excluders.
- Shutting your curtains in the evening helps trap heat inside your rooms.
- Insulating your loft space and walls helps stop heat escaping.

ELECTRICALS

Fully switching off electrical products will save you money compared to leaving on standby, which still uses energy. See the difference and try fully powering off your

- TV
- kettle
- toaster
- microwave oven
- DVD player/VCR
- music system/radio
- computer
- oven hob.

LIGHTS

Energy-efficient light bulbs can last up to 10 times longer than standard bulbs and reduce wasteful emissions in the home.

REFRIGERATORS AND FREEZERS —

- Keeping the fridge door open while rooting around inside costs you more – think what you need before opening the door and see the difference in your bank balance.
- Putting hot or warm food in the fridge costs you more as the fridge needs to work harder to maintain its cool temperature – and it is hazardous to your health.
- Regularly defrost your fridge and check the door seals. Position your fridge away from the oven or boiler. If possible, keep your freezer in a cool room.

WASHING MACHINES/WASHER DRYERS, TUMBLE DRYERS AND DISHWASHERS

These appliances are some of the biggest energy users in your home; changing how you use them can make a huge difference to your energy bill – try

- using during off peak hours – your energy provider will be able to tell you when these times are on your current tariff;
- washing full loads of clothes on a low temperature and quick cycle whenever possible;
- drying clothes outside whenever possible;
- using a clothes rail/horse instead of the radiator, thus freeing up heat; and
- investing in a modern dishwasher – they use less energy and water than hand washing dishes.

COOKING

Preparing meals is a daily need where a few tweaks could feed your bank balance – try

- using a pot/pan the same size as the hob to prevent heat loss;
- using a lid where possible to speed up cooking time and use less energy;

- using low-energy appliances such as pressure cookers, steamers, microwaves and Halogen cookers.

Find groups and blogs that have handy tips on feeding your family on a budget. There are plenty of friendly and helpful groups on Facebook and Twitter.

HOT WATER

Savings can be made on your water-heating costs by

- hopping in the shower, rather than having a bath, therefore halving the hot water you use;
- fitting a shower regulator to control the amount of water you use;
- not overfilling the tub if you must have a soak;
- using the plug when washing your hands, rather than running the tap;
- not leaving the tap running when brushing your teeth; and
- fixing dripping taps with a simple a new washer, stopping your money going down the drain.

HELP AND ADVICE

If you have questions about saving energy at home, contact your energy supplier.

Age UK (information about how to save energy and money)

☎ 020 8680 5450

🌐 www.ageconcerncroydon.org.uk

Home Heat Helpline

Provides advice for people having difficulty paying their fuel bills. It offers advice on cheaper payment

schemes, grants for insulating homes, how to get on to the Priority Services Register for extra services, and information on extra government benefits.

☎ 0800 33 66 99

🌐 www.homeheathelpline.org.uk

Winter Fuel Payment helpline

☎ 0845 9 15 15 15