

10 ways to save energy, money, and help prevent climate change

Here are some simple measures you can do right now...



1 Turn your thermostat down. Reducing your room temperature by 1°C could cut your heating bills by up to 10 percent and typically saves around £55 per year. If you have a programmer, set your heating and hot water to come on only when required rather than all the time.



2 Is your water too hot? Your cylinder thermostat should be set at 60°C/140°F.



3 Close your curtains at dusk to stop heat escaping through the windows and check for draughts around windows and doors.



4 Always turn off the lights when you leave a room.



5 Don't leave appliances on standby and remember not to leave laptops and mobile phones on charge unnecessarily.



6 If possible, fill up the washing machine, tumble dryer or dishwasher: one full load uses less energy than two half loads.



7 Only boil as much water as you need (but remember to cover the elements if you're using an electric kettle).



8 A dripping hot water tap wastes energy and in one week wastes enough hot water to fill half a bath, so fix leaking taps and make sure they're fully turned off!



9 Use energy saving light bulbs. They last up to 10 times longer than ordinary bulbs, and using one can save you around £40 over the lifetime of the bulb. This saving could be around £65 over its lifetime if you're replacing a high wattage incandescent bulb, or one used for more than a few hours a day.



10 Contact the Energy Saving Trust free **0800 512 012** or at **www.energysavingtrust.org.uk** for impartial advice about measures and grants that will help you save energy and could help you save up to £300 per year.