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Energy Advice London

Smart ways to save energy and
money at home



Adopting some simple energy saving behaviours can make a big difference to your bank account, and help do your bit for the environment too.

Here are some quick and easy ways you can reduce how much energy you use around the home, helping to lower your bills and reduce your carbon footprint.

1 Living room

Did you know that an uninsulated home loses 18% of its heat through the windows? Drawing the curtains at dusk holds the heat in and the draughts out, keeping your home warmer for less.

- Switch off appliances when you're not using them and **save £65** on your electricity bills each year. Get a standby saver which allows you to turn all your appliances off standby in one go.
- Need a new TV? Check the energy label next time you buy a TV and choose the highest rating you can. It'll use less energy and save you money over its lifetime. And remember, the larger the screen, the more energy the TV will use.
- Turning your central heating thermostat down by 1 degree Celsius could save you **up to £145** on your heating costs and reduce your carbon emissions by 295kg of CO2 every year.*

*Based on turning a room thermostat from 22 degrees to 21 degrees over a whole year within the main living areas.

2 Hall

- If you replace all the lightbulbs in your house with LEDs, you'll reduce your lighting costs by 50%, saving **£65 a year** on your bills.
- Turning off all the lights around your home when they're not needed could save around **£25 a year** on energy bills.
- Fit draught excluders around the front door and over the letter box and key holes to keep the warm in, and the cold out.
- Don't leave the front door open more than necessary, especially if the central heating is on. Putting a curtain over the front door helps keep the draughts out.

If every household in the UK turned appliances off when they're not being used, together we could reduce energy bills by as much as **£1.9 billion every year.**



3 Kitchen

The kitchen is the heart of every home. So, whether you're cooking up a feast or doing the weekly wash, there are plenty of ways to save energy and money while you're in the kitchen.

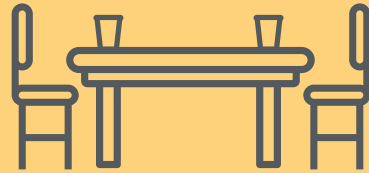
- Don't overfill the kettle, only boil as much water as you need to save yourself **£13 a year**.
- When you're cooking, always use the right sized pan for the job, and use the correct hob ring for each pan. Try and keep the oven door shut as much as possible and make sure the glass door is clean so you can see when your meal is ready.
- Let warm foods cool down before putting them in the fridge, it means your fridge won't have to work as hard.



- Minimise unnecessary washing by hanging up clothes to air after using them. This way you can get the maximum use out of each item before needing to wash it.
- Washing your clothes at 30 degrees rather than higher temperatures will save around 57% of the energy used each year, **saving you £17** and 10kg of CO2. Modern washing powders and detergents work just as effectively at lower temperatures.
- Make sure you have a full load before you use the washing machine. One full load uses less energy than two half loads.
- Dry your clothes outside in the summer months and save an average of **£70 a year** (compared with a tumble dryer).

4 Dining room

- If you don't use the dining room often, make sure your radiator is set to the lowest setting. Remember, the room will heat up nicely on its own if you've invited guests round for dinner.
- It's good to get into the habit of closing all the doors in your house to keep the heat where you need it.
- Don't overdo the catering. Wasted food makes a significant contribution towards carbon dioxide emissions and costs you money too.



5 Bathroom

Hot water accounts for 12% of a typical household's energy bill. Set your hot water controls to heat the water without wasting energy. We recommend an ideal temperature of 60 degrees.

- If you have a hot water tank, try to set your programmer to best match the times of day when you use hot water, so you're less likely to heat water when you don't need to.
- Turn off the tap when you're cleaning your teeth, shaving or washing your face. A running tap uses around 11 litres of water a minute. Fill the basin if you can or just turn the taps on when you need them.
- A quick shower will use less energy than taking a bath. Swapping just one bath a week with a 4-minute shower could save you **£9 per person per year** on your energy bills. Invest in a shower timer to help you see how long you spend in the shower. Shorter showers use less energy.
- Power showers can easily use as much water as taking a bath. Consider fitting an aerated or low-flow showerhead to cut down water use. If a family of four replaced their inefficient showerhead with a water efficient one, they could **save around £75** on their energy bills each year.
- Check that your bathroom fan is set for the time needed to clear condensation from the bathroom.



6 Bedroom

- Set your radiator to low in the bedroom but if you like a cosy bed, use an electric blanket or hot water bottle to warm it up. Use a heavier duvet when the weather's colder.
- During the winter, set the boiler to switch off a while before you go to bed. That way it won't stay on unnecessarily while you're cosy in bed.
- In the morning, set your heating to switch on just before you wake up so the house is warm by the time you get out of bed. Also try setting the heating to turn off half an hour before you leave the house.
- Towel-dry your hair thoroughly to cut down use of your hairdryer
- Don't leave your phone charging all night; it should only need a couple of hours to fully charge.

7 Children's bedrooms

- Encourage your children to safely turn off equipment at the socket by making it easy to access the switch.
- A TV, laptop and PS4 will cost **£295 a year** combined to run, but that could be much higher if they're always left on when not in use.
- If your children need a night light, make sure it's a low-energy bulb or a rechargeable lamp. The very lowest wattage should be enough.



Take control of your heating

Did you know that in a typical household, over half of our energy bills are spent on heating and hot water?

- Installing and using a full set of heating controls, including a room thermostat, programmer and thermostatic radiator valves, could save you around **£180 a year**.
- Use heating controls to heat up a room just before you need it and switch it off before you're done to enjoy the residual heat.
- Don't be tempted to 'blast' your heating... it's better to switch it on earlier at the right temperature, rather than cranking up the thermostat, as this won't warm up your house any quicker.
- Get your boiler serviced in the summer so it's in good working order before winter arrives. Bleed your radiators too, so your heating is working efficiently.



Working from home?

Whether you've got a home office or you're just plugged in at the kitchen table, there are some good ways to stay cosy and save energy while working from home:

- Timing is everything – you may have set your heating to stay off during the day while everyone's out, but on days when you're at home, use your controls to make sure the heating's on when needed but switched off before it gets too warm.
- Layer up – if you're sitting still for long periods, you'll start to feel chilly more easily so ensure you're dressed to stay cosy.
- Get up and move around regularly to keep your circulation flowing and help heat your hands and feet, where we tend to feel cold first.
- Remember your laptop has a battery so doesn't need to be plugged in the whole time. Save energy by only plugging it in when required.

Be smart with appliances

Whether you're looking for a new fridge, washing machine or TV, buying a new appliance can be a big investment.

But if you choose wisely and opt for energy efficient appliances, you can save money on your energy bills in the long run.



Choosing an A-rated fridge freezer over an F-rated one could save you about **£800** and 660kg of CO2 in energy bills over the lifetime of the products.



Dishwashers can cost on average **£84** and 60kg of CO2 per year. By purchasing an A-rated dishwasher over an E-rated one, you could **save £35** and 55kg of CO2 a year.



Time for a new TV? An E-rated 60-inch TV costs **£46 a year** to run compared with a G-rated one, which costs **£97 a year**.



Need a new computer? A new laptop typically costs **£45 less per year** to run than an old desktop computer. Even better, tablets use on average 75% less power than laptops.

Don't struggle with energy costs. We're here to help.

Energy Advice London is funded by the Mayor of London and managed by Energy Saving Trust. We provide free and impartial advice on energy and water efficiency for anyone living in London.

We can also help you access financial support and put you in touch with other organisations that can help if you're having trouble keeping up with bills or heating your home.

To see how we calculate our savings figures, visit energysavingtrust.org.uk/our-data

Call **0808 196 8260** visit www.energyadvice.london or follow us on Twitter [@energyadvlondon](https://twitter.com/energyadvlondon)

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