

Top tips to help you save money on your energy bills

- Get loft or cavity wall insulation
- Double glazing
- Find out if a water meter is more suitable for your needs
- Speak to your utility provider about energy efficiency grants that may be available
- Use draught excluders
- Fill in cracks and gaps in the walls, floorboards and windows

- Turn the thermostat down - ideal temperature 21°C
- Close curtains early during cold months
- Don't leave the TV on standby - switch off at the mains
- Use low energy light bulbs (LED)
- Turn lights off in unoccupied rooms
- Unplug chargers when not in use
- Put kitchen foil behind all radiators to reflect the heat back in
- Use rugs on wood/laminate floors

- Have showers instead of baths
- Don't run the tap when brushing your teeth
- Fix a water efficient shower head
- Fix dripping taps
- Use the toilet flush buttons appropriately

- Only boil the water you need in the kettle
- Cook food in batches in the oven
- Wait till food has cooled down before putting into the fridge
- Don't open fridge doors too often
- Use a washing up bowl in the sink
- Wash laundry at 30°C

