Saving money on energy bills



This guide has been created to help people lower their energy bills.

Energy bills are the money that you pay for using water, gas, or electricity.



Water – When you use the shower, toilet, bath or taps.



Gas – Heating your house or using the oven.



Electricity – The things that are plugged in, like your television or mobile phone chargers.



By saving money on your energy bills, you will have more money for the things that you want or need.



Turning things off at the plug

If you have a something that is plugged in a plug that is turned on, it will be using energy.

This costs money, even if the device isn't being used.



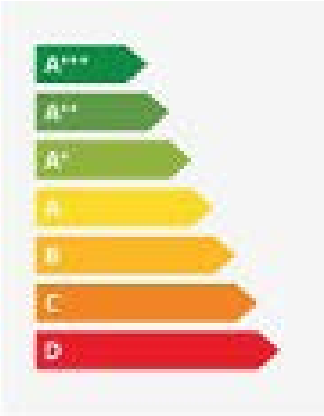
For example:
If a microwave is plugged in and the plug switch is on, this will be using electricity even if you aren't using it to cook food.

Buying better products



Electrical devices like fridges, lightbulbs and televisions have energy ratings.

These labels help you to understand how much energy they use when they are turned on.



Items with a green rating use less energy. These cost less money when they are in use.

Items with a red rating use more energy. These cost more money when they are in use.

Try to buy the product with the best rating that is in your budget.



Lightbulbs

LED lightbulbs use a lot less energy than other light bulbs.

If you use them instead of other lightbulbs, you can save you more than £40 a year.

Cleaning and Drying

There are things you can do that will help you use less energy at home.



In the kitchen

Washing your dishes using the ‘eco’ setting on your dishwasher saves money.
This washes your plates with colder water.
This can reduce your energy bills by £109 per year.



Washing machine

Washing your clothes on a cooler temperate uses less energy.

You can save £28 a year by washing at 30 degrees.



Drying clothes

Tumble dryers use a lot of electricity.

Drying your clothes on a washing line saves money.



Hot drinks

Heating a full kettle uses a lot of energy. You can save money by only filling kettles with the amount of water that you need. You can use a mug to measure how much water to pour in.



Example:
Fill your kettle with two mugs of water if you want to make two hot drinks.



In the Living room

There are lots of things that you can do to save energy in your living room.

Your radiator will keep your room warmer if your couch is not in front of it.



Make sure there is a gap between your couch and the radiator.



Curtains help keep your house warm. Keep your curtains closed at night.



In the bathroom

Lots of people leave their bathroom light on at night. This can cost a lot of money.

Turning the light off at night is a good idea.



Showers can cost a lot less money than baths.

This is because baths use more hot water than showers.



In the bedroom

Lots of people charge their phone at night. This means that the phone is charging for longer than it needs to.

Try to charge your phone during the daytime. Unplug it when charging is completed.



If you can, avoid charging any devices when you are asleep.

Save money by only charging them when you need during the day.



Boilers

Boilers give you hot water for your taps and radiators.



Boiler insulation jackets help boilers to stay warmer for longer.

These cost around £30 to buy.

They can save you more than £100 every year on your energy bills.



If you feel able to, turn your thermostat down by one degree

This can save you £80 on your energy bills.

If your room does not feel warm enough, turn your heating back up



Find out more

Community Integrated Care has built a special website to help people understand how to save money on their energy bills.

The website has other videos and information for you.

The website address is **www.TakingChargeEnergy.co.uk**