

# TOP 20 ENERGY SAVING TIPS

Save money on your energy bills by simply adopting some of the tips in this leaflet. It could also help you to have a warmer home and reduce your carbon emissions.



Warm Homes



# Here are some tips and advice to help you save energy and reduce your electricity, gas and water bills...

## Tip 1 – Monitor your energy usage

Keeping a watchful eye on your consumption can help you decide when you need to change the way you use energy.

## Tip 2 – Smart meters

Can help track your consumption with real time information.

## Tip 3 – Free and impartial advice

The council's Managing Money Better Service provides advice on your energy bills, fuel debts and Warm Homes Discount applications.

## Tip 4 – Heating thermostat

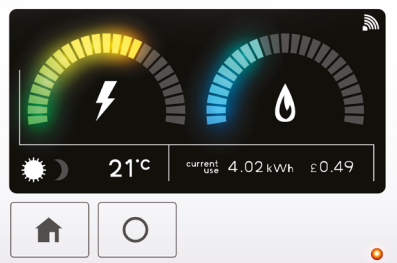
Almost half of your energy bill comes from heating and hot water usage. Turning your heating down by one degree could save up to £55\* a year.

## Tip 5 – TV, computers, mobile phones etc

Avoid leaving these on standby and don't leave them to charge unnecessarily. This could save £35\* a year.

## Tip 6 – Lights

Always turn off lights when not required. Open your curtains or blinds as wide as possible during the day to let as much daylight in as possible.



## Tip 7 – Curtains

Close curtains at dusk to stop heat leaking through windows and tuck curtains behind radiators.

## Tip 8 – Washing machines

Fill the washing machine, tumble drier or dishwasher as one full load uses less energy than two half loads and...

## Tip 9 – Wash clothes at a lower temperature

## Tip 10 – Kettles

Only heat the amount of water you really need.

## Tip 11 – Hot water

Needs to be hot but never scalding. For most people the cylinder thermostat set at 60°C is fine for bathing and washing.

## Tip 12 – Be smarter about water

Installing a more efficient shower head can save you as much as £18\* per person a year on energy bills.

## Tip 13 – Appliances

When buying a new appliance, if you can afford it, choose an appliance with a high energy-efficiency rating.

### Tip 14 – Roof Insulation

Insulating your loft can stop heat escaping from your home and could save around £150\* a year off your energy bills. Grants are available.

### Tip 15 – Cavity Wall Insulation

About a third of all the heat lost in an uninsulated home escapes through the cavity walls. Insulating walls could save around £140\* a year on your energy bills. If you have any damp problems this must be resolved before insulation is installed. Grants are available for cavity wall insulation.

### Tip 16 – Solid Wall Insulation

Houses over 100 years old usually have solid brick or stone walls. These properties can only be insulated by attaching insulation boards or sheets to the inside walls or to the external side of the wall. Grants are available.

### Tip 17 – Draught-proofing

A cold draught can cause your home to lose heat. Draught excluders or draught-proofing kits are a good way to prevent this. Seal cracks in floors and skirting boards and your letterbox.

Remember ventilation is also important, especially if you have open fires, gas fires or a boiler with a flue.

### Tip 18 – Install a new gas boiler

Upgrading to a new A-rated condensing boiler with a programmer, room thermostat and thermostatic radiator controls could save around £300\* a year. Grants are available.

### Tip 19 – Install a new Air Source Heat Pump (ASHP)

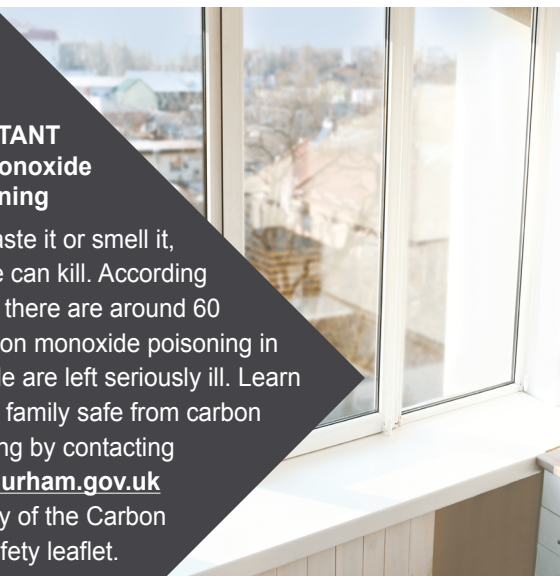
ASHPs extract warmth from the air, even when it is very cold outside and uses this warmth to heat your home and provide you with hot water. An ASHP can be a very efficient form of heating saving up to 40%\* on energy bills as compared to heating your home with oil or electricity. Grants are available

### Tip 20 – Double glazing helps insulate your home from the cold and helps reduce your heating bills

You could save as much as £110\* a year by installing A-rated double glazing. If you don't have double glazing, you can use a plastic lining for your windows to save energy and keep more heat in.

### IMPORTANT Carbon Monoxide Poisoning

You can't see it, taste it or smell it, but Carbon Monoxide can kill. According to the NHS every year there are around 60 deaths from accidental carbon monoxide poisoning in England and about 200 people are left seriously ill. Learn how to keep you and your family safe from carbon monoxide poisoning by contacting [warmhomes@durham.gov.uk](mailto:warmhomes@durham.gov.uk) and ask for a copy of the Carbon Monoxide Safety leaflet.



## The table below shows how much an average household could save on their energy bills

Energy Saving Tips	Savings per year (*)
Turn room heating thermostat down 1 degree	£55
Switch electrical appliances off standby	£35
Replace light bulbs with LED bulbs	£30
Draught proof doors and windows	£25
Spend one less minute in your daily shower	£17
Turn off unused room lights	£11
Do one less wash per week	£8
Only fill kettle with the water you need	£6



Warm Homes

### How to contact us

For more information on Managing Money Better Service, energy efficiency grants, carbon monoxide or just general energy saving advice, contact the council's Warm Homes Campaign on [warmhomes@durham.gov.uk](mailto:warmhomes@durham.gov.uk), visit web page <https://www.durham.gov.uk/article/2876> or phone **03000 260 000**.

Please contact us if you require free copies of this leaflet.

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**Northern Gas Networks**

\* Figures from Energy Savings Trust (2020)

Terms and conditions and a qualifying criteria apply to all energy efficiency grant schemes