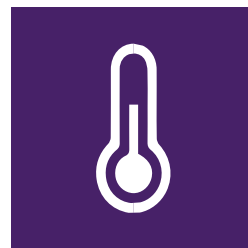
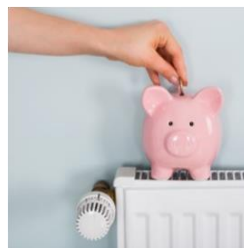
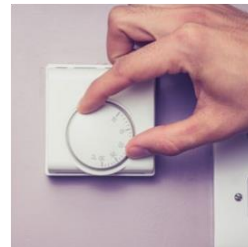


# Energy Saving Tips

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## Energy Price Rising

What you can do.....

## Energy Price Rising – What you can do.....

There are lots of free or low-cost things you can do to save you money on your gas and electricity.

Here are some things that you can do:-

### Heating Your Home

This probably costs you the most, so make sure you're not wasting heat:

- Put on another layer before you turn the heating on. Remember, lots of thinner layers keep you warmer than one big one.
- Make sure your furniture isn't right up against your radiators. It will block the heat;
- Close the curtains when it's getting dark to keep the heat in the room for night time;
- If there's a room you don't use much, turn down the radiators in there and close the door. But don't turn those radiators off completely or the room may become damp.
- Turn the thermostat down by one degree to save 10% on your bills. If you have health concerns, are elderly or have small children in the house, don't go below 18C.
- Stay warm at night with a hot water bottle – much cheaper than an electric blanket;
- If you have night storage heaters, contact the maintenance team at the Co-operative to find out how to use them properly, so you don't waste money;
- Use the right tog duvet for the weather (low tog in summer, high tog in winter) to avoid having to use the heating unnecessarily;
- Use a draught excluder to prevent any draughts under doors and heat escaping;
- No carpets ...rugs can help keep heat in for the winter to keep heat in.
- The Co-operative has a supply of reflective panels which they can fit behind your radiators to reflect heat back into the room. If you wish this please contact us and we can fit them on a first come first serve basis;
- Understand your boiler setting, should you need any help contact the Co-operative to speak to a member of the maintenance team;
- Close internal doors to keep the heat in the room you are in.

### Fridges and freezers

They're using electricity all the time, so it's worth helping them use less:

- Keep your fridge temperature between 3 and 5 degrees C.
- Don't let the coils at the back of your fridge or freezer get dusty – they'll run better if they're clean.
- Pull your fridge and freezer away from the wall a bit – there needs to be air flow so that heat can escape from the back of them.
- Defrost your freezer regularly to remove the build-up of ice. It makes it run more efficiently.
- When you're defrosting food, leave it in the fridge. This helps cool your fridge for free.
- Don't put hot leftovers in the fridge or freezer, wait for them to cool down first.
- Try to keep your freezer as full as you can – lots of frozen items keep each other cold so your freezer doesn't have to work so hard.



## Energy Price Rising – What you can do.....

### Cooking

- Only boil as much water as you need in your kettle.
- If you have an electric hob, boil water for cooking in the kettle first, rather than boiling it on the hob.
- When you're cooking, keep lids on saucepans. You'll be able to turn the hob down and use less electricity or gas.
- Match the size of the saucepan you're using to the size of the ring.
- Keep the oven door shut as much as possible when you're cooking.
- Cook more than one meal at a time and freeze it for another day.
- Where you can, use a microwave rather than the oven or if you can afford to purchase a slow cooker / air fryer they are much cheaper to run than an electric oven;
- Put a lid on your pan when cooking. It cooks food quicker and reduces condensation;
- Open your windows for a short time after showering or cooking to get rid of steam and moisture, even when it's cold. It requires more energy to heat moist air than dry air!

### Washing

- Clean the fluff out of your tumble dryer filter every time you use it.
- Tumble dryers use a lot of electricity, so dry your clothes outside if you can.
- If you need to dry clothes inside, don't dry them on radiators. Hang them on a clothes airer in a room near an open window, and close the door. This stops your house getting damp and mouldy, too.
- Only put the washing machine (or dishwasher) on when it's full. Two half loads use more water, detergent and electricity than one full load;
- Wash clothes at lower temperatures, 30 degrees is fine for most clothes;

### Hot water

- If you have an electric immersion heater, turn it down one degree – you won't notice the difference. But don't go below 60° - you need it that hot to kill all harmful bacteria in the tank.
- Don't leave your hot water heating on all the time. It's much cheaper to set the timer to heat it up for a couple of hours each morning (or in the night).
- Take shorter showers – heating water takes a lot of energy and is expensive.

### Appliances

- Don't leave your mobile phone on charge all night – most mobiles only need a couple of hours;
- Replace old light bulbs with energy efficient ones or LED bulbs, which use much less electricity.

**Hope you find this information useful..**

## General Tips



Use a timer on your central heating system. Set heating and hot water to come on only when required.



Close your curtains at dusk to stop heat escaping through the windows. Check for draughts, too. And seal gaps around doors with draft excluders.



If you have a hot water tank, set the cylinder thermostat to 60 °C (140°F ).



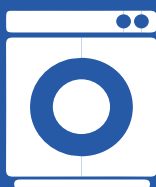
Always turn off the light when you leave a room.



Use energy-saving light bulbs.



Don't leave appliances on standby or laptops and mobile phones on charge unnecessarily.



When washing up and washing or drying by machine, try to fully load the appliance. One full load uses less energy than two half loads.



Turn taps off properly – in a single week, a dripping hot tap can waste enough hot water to fill half a bath.



Dry your clothes outside during nice weather.



If using a kettle, only boil the water you need.



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