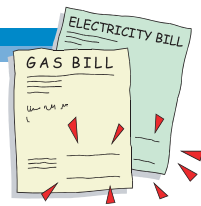


Energy Saving Tips



The cost of heating, lighting and running the appliances in your home doesn't need to be so high. Taking some simple steps can cut your bills by hundreds of pounds. Some of these tips will save just a little, others will save more.

Laundry

- Setting your washing machine to 30°C means you use 40% less electricity than at 40°C, and most powders work just as well at lower temperatures. Make sure you use a full load too!
- Tumble dryers are a major user of electricity in the home; outside line drying or using a clothes horse in a well-ventilated room will help a lot.



When buying your next appliance, buy one that is A, A+ or A++ rated to ensure the lowest energy bills!

Entertainment

- Most appliances use electricity when left on at the plug, including things like computers that don't have visible standby lights, so switch off at the socket.
- If buying a large screen TV, buy a rear-projection TV instead of LCD or Plasma; they use about half the electricity.
- For small screen TVs LCD is very efficient, and smaller TVs use significantly less energy than bigger ones.

In the kitchen

- Choose the right size pan for the ring and use the lid.
- Avoid using the grill for toast, use a toaster.
- Use a kettle for boiling water for cooking; it's cheaper and quicker than waiting for water to boil in a pan on the hob.
 - Use a jug kettle and use the level indicator to fill and boil just the water you need. It's quicker and tea tastes better with water that has been boiled just once.
- When choosing a new cooker, gas and electric induction hobs produce the least carbon dioxide emissions.
- Use a microwave instead of a conventional oven where possible.
- Don't wash-up under a running tap; put the plug in the sink or use a bowl. Modern dishwashers are also efficient and save water and energy, but try and wash a full load.
- Avoid putting warm or hot items straight in your fridge or freezer.
- Defrost fridges and freezers regularly – the more ice, the more electricity used.



Heating

- Once you have insulated your home, turning down the thermostat by just one degree saves 10% of your heating bill. That can mean £40 a year savings.
- If you have a programmer or timer use it to switch the heating off when you are not at home.



Lighting

- Switch all your bulbs to energy saving bulbs. An energy efficient light bulb lasts up to 15 times longer than a normal bulb, and uses 80% less energy. Replacing a normal bulb can give an annual saving of £7 each.
- There is a growing trend to use lighting for decorative purposes and so be aware that this can be very wasteful. Some fittings or sets of lights, such as those using small halogen lamps can use more than a traditional lightbulb and significantly more than low energy compact fluorescent bulbs. Before you buy look at the wattage of the fittings and choose the lowest to provide the light you need.



Insulation

Around half the energy we pay for to heat our homes is lost through uninsulated walls and lofts. Insulating these is a simple task completed in a few hours by an approved installer.

- Cavity wall insulation costs just £199 and saves around £120 a year for a 3 bedroom semi-detached property. The work is also covered by a government-backed 25 year guarantee.
- Loft insulation costs £199 and can save £155 a year if there is no insulation present, or £45 if you just need to top it up to the current standard of 270mm (10.5").



These prices are after deducting the value of the grant. Insulation is free for people who are over 60 years old or receive a qualifying benefit or tax credit.

* Grants are available to owner occupiers and private tenants and are subject to a free survey and available funding.

You can apply for insulation at www.homegrants.org.uk or by calling free on 0800 622 6110.

Transport

- Driving more efficiently can save 10% of your fuel each year.
- Switching from your car to other forms of transport could save you thousands of pounds a year and get you to your destination quicker.
- To find out how to do these things easily, please ask for our transport factsheet.

You can find out more information on saving energy in the home or on the road by calling the South East Wales Energy Advice Centre on 0800 622 6110.