

10 Top tips to reduce your energy use

As energy prices continue to rise, finding ways to reduce the amount of energy we use can help with monthly bills, so we've compiled a list of 10 simple tips we can all follow to reduce the amount of gas and electricity we use in our homes. Using these tips, you could save more than **£400*** on your energy bills every year!

**Figures shown are estimates from multiple sources including the Energy Saving Trust, Which?, uSwitch and the Centre for Sustainable Energy.*

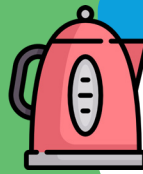
Switch to LEDs

Just by simply replacing your halogen lightbulbs with LED lightbulbs, you could save £40 per year.



Use less water

We all love a hot cup of tea, but boiling the kettle with only the water you need can save £36 per year.



Unplug at the wall

Switch off appliances at the wall and unplug phones when fully charged. Don't leave them plugged in overnight! This could save up to £55 per year.



Switch off the lights

Make sure you turn the lights off when you leave a room. Doing this could save an extra £20 per year.



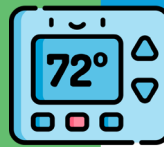
Keep it at 60C

Set your hot-water cylinder to 60C and ensure that the insulating jacket is well fitted. This will ensure that bacteria is killed and together can save you up to £72 per year.



Lower the thermostat

Turning your thermostat down by just one degree (and no lower than 19C) can save up to £80 per year.



Run a cooler wash

Washing clothes at 30C while reducing the number of cycles you run, can save up to £42 per year.



Use a 'save a flush' bag

If you have a single flush toilet, installing a 'save a flush' bag within the cistern can reduce the amount of water you are using.



Choose a shower

Showers can help you save up to £82 per year by reducing the amount of energy and water you are using.



Search online

Visit the energy saving trust website for tips on your specific heating systems to ensure you are using them in the most efficient way.



Tenant Support & Wellbeing Service

Our welfare, benefit, and debt team can provide support to those that need it and our independent Tenant Support and Wellbeing Service from Life and Progress is available for FREE, 24 hours a day seven days a week. Please contact your Scheme Co-ordinator for login details.

www.tworivershousing.org.uk