

## Energy-saving tips

We've all heard the saying, 'look after the pennies and the pounds will look after themselves'. Well, the good news is that it's absolutely true!

The following advice is generally cheap or free to adopt, and it can save you money on a regular basis – helping to keep your energy bills to a minimum.

See how many of these you can introduce in your home and feel great about the savings you're making!

### Kitchen

- Only boil as much water in the kettle as you need.
- Look out for A+++ rated appliances when buying new ones.
- Wait until you've got a full load before putting the dishwasher on.
- Don't lose water through dripping taps. Get them fixed.
- A slow cooker will be cheaper to run than a conventional oven – and a microwave is more cost-effective for heating small portions.
- Use the right size gas ring for your saucepan – don't let the flames come round the outside of the pan.
- Chop food into smaller pieces so that it cooks more quickly.
- Always use a lid on your pan and only use enough water to cover your vegetables when boiling them.

### Living room

- Lined curtains will keep rooms warmer in winter and cooler in summer.
- Keep furniture away from radiators to allow warmth to circulate around the room.
- Push curtains behind radiators so the heat can flow into the room.
- Put reflective panels behind radiators to reflect heat back into the room. Don't dry clothes or towels on radiators as they block the heat.
- If it gets stuffy, turn the heating down rather than opening a window or door.
- Use a chimney balloon to block chimneys that are not being used, and reduce draughts and heat-loss.
- Light coloured lampshades will allow more light into the room.
- Low-energy bulbs don't cost any more to warm up, so turn them off if you're leaving the room.
- Don't leave your TV on standby overnight. Fit a powerdown device if it's too hard to reach the socket.
- Laptops use less energy than desktop computers.

### Bedrooms

- Close bedroom curtains at dusk to avoid losing heat from the room.
- Set the heating to go off 30 minutes before bedtime, as it will take a while for the house to cool.
- Dry your hair as much as you can with a towel to limit the amount you use the hairdryer.
- Use rechargeable batteries for children's toys.

- If the kids are scared of the dark, try using a low-wattage nightlight. Or you could find a solar light which charges on the windowsill during the day and shines all night.
- Choose the right tog duvet for the season.
- Hot water bottles are cheaper and safer than electric blankets.
- Check all lights – inside and out – are switched off before you go to bed.
- Your mobile phone only needs a couple of hours to charge, so don't leave it on overnight.

### Bathroom

- Take a shower rather than a bath – it costs five times less.
- Reduce the time you spend in the shower to save on water.
- Don't leave the tap running while cleaning your teeth. Turn it off between brushings.
- A save-a-flush bag can reduce the amount of flushed water by several litres.

### Outside

- Dry your washing outside when you can, rather than using the tumble drier or hanging them around the house. It smells fresher, too!
- Use water from the paddling pool to water the garden, after use.
- Find a space in the garden to grow a few veggies. A growbag, a pot or a window box may be all you need to get started.
- Put vegetable waste in a compost bin. It saves on landfill and makes compost for your garden.
- Collect rain in a water butt, and use it to water the plants. It's better for them than tap water.

If you'd like to know more, you can get free, impartial and local energy advice from the Warm and Well advice team at Severn Wye Energy Agency.

Visit [www.severnwey.org.uk](http://www.severnwey.org.uk), email [warmandwell@severnwey.org.uk](mailto:warmandwell@severnwey.org.uk), text WARM to 83010 or call their Freephone on 0800 500 3076.