



Energy efficiency in the home



New Forest
DISTRICT COUNCIL



Quick tips to save energy at home

Shorter showers

Having 4-minute showers could save a typical household £65 a year on energy bills. Swapping baths for showers will also help you save a typical household £95 per year. Install a water efficient shower head.



Reduce water use

Fixing aerators to your taps will reduce the amount of water coming out by adding air. Aerators are cheap gadgets that are easy to install. Turning taps off when brushing your teeth is also an easy way to save, as is fixing any dripping taps. Find more at savewatersavemoney.co.uk



Save on laundry

Washing at 30-degrees, using an 'eco-cycle' if you have one, filling your machine and only washing clothes when they really need it will all save you money.



Avoid tumble drying

If you can dry clothes outside or on a clothes rack that will help reduce your electricity bills.



Be kitchen savvy



Don't over fill your kettle - only boil what you need to save wasting electricity. Boil your kettle once - make a flask of tea or coffee that will last you the day.

Fill your dishwasher - do not run a half-empty dishwasher as this will use more water and electricity.

Use the right sized hob for your pan when cooking and why not try batch cooking?

If you try batch cooking, reheat with a microwave rather than the oven.

Pull

Pull out chargers while not in use.



Press

Switch off electrical appliances at the plug/wall, rather than leaving them on standby. To make this easier you can also use a standby saver or smart plug.



Turn off lights

Turning off lights when you're not in a room will save you money. Using LED bulbs or energy efficient ones could save you even more.



Turn it down

Turning your thermostat down by 1°C can save as much as £55 per year. From energysavingtrust.org.uk



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Quick tips to save energy at home



1

Ensure you bleed your radiators so they can work to their full potential.

2

Tuck long curtains behind radiators so that heat is not trapped.

3

Use a draft excluder along the bottom of doors to keep the cold at bay.

4

Do not put furniture in front of radiators and heaters or dry washing on them, as keeping them clear will allow heat to circulate.

5

If there are rooms in your house you do not use, turn off radiators in them and close the doors. Keep your home at a stable, comfortable temperature.

6

Put on extra layers when its cold, extra jumper or blanket and use hot water bottles to keep away the chill.

7

Add rugs to bare floors to keep your feet warmer, however if you have under floor heating, rugs can act as a barrier and trap the heat underneath them, rather than heating your home.

8

Make sure your boiler is set to the most economic setting. Use your heating controls, such as thermostats and timers, to heat your home without wasting energy. From [Combi Boiler Economy](#)

9

Draw your curtains and close your blinds as it starts to get darker to minimise heat loss through windows and keep the heat in more effectively. Keeping them open during the day helps to increase natural heat sources by allowing sunlight in. From [AgeUk](#)

If you are ever worried about paying a bill, call your supplier as soon as possible.