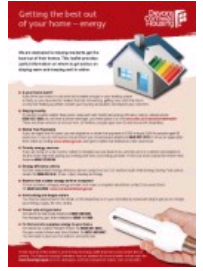


## Saving energy and money

Our housing group has produced a leaflet to help residents find information on staying warm and spending less. Please click on the image on the right, or ask at our receptions for a copy.

In addition, here are some simple ways to reduce the energy that you use, both saving you money and helping the environment:

- turn your thermostat down. Reducing your room temperature by 1 °C could cut your heating bills by up to 10 percent and typically saves around £55 per year. If you have a programmer, set your heating and hot water to come on only when required rather than all the time
- is your water too hot? Your cylinder thermostat should be set at 60 °C/140 °F
- close your curtains at dusk to stop heat escaping through the windows and check for draughts around windows and doors
- always turn off the lights when you leave a room
- don't leave appliances on standby and remember not to leave laptops and mobile phones on charge unnecessarily
- if possible, fill up the washing machine, tumble dryer or dishwasher: one full load uses less energy than two half loads
- only boil as much water as you need (but remember to cover the elements if you're using an electric kettle)
- a dripping hot water tap wastes energy and in one week wastes enough hot water to fill half a bath, so fix leaking taps and make sure they're fully turned off!
- use energy saving lightbulbs. They last up to 10 times longer than ordinary bulbs, and using one can save you around £40 over the lifetime of the bulb. This saving could be around £65 over its lifetime if you're replacing a high wattage incandescent bulb, or one used for more than a few hours a day.



The energy saving trust website has a home energy check tool that could save you up to £300 per year. The tool can be found here: [Energy Saving Trust](#)

All energy suppliers have to offer a discounted tariff to their most vulnerable customers. Each supplier offers a different scheme with different criteria. Consumer Focus has up-to-date details of all the schemes offered: [Consumer Focus](#)