



## 12 Ways to make your home more energy efficient

Winter can be an expensive time of year – not just the cost of Christmas but also the extra money spent on heating your house.

Here we have compiled a few tips to help you save energy and what's coming out of your pocket.

Simple changes such as using your boiler and heating controls correctly with the programmer set to match your needs, could save you money. For example, setting your heating to come on half an hour before you get up in the morning can make a difference to your energy costs.

Here's a few other tips:

- Turning your thermostat down by just 1C could cut your heating bills by up to 10%.
- If you have thermostatic valves on your radiators turn them down in rooms you don't use that much.
- Turn your hot water thermostat down to 60C (140F) – but no lower for health reasons. Remember not to leave electric hot water immersion heaters on for longer than you need as this also wastes energy and money.
- Make sure your hot tap isn't left dripping – this can be very expensive in the long run.
- Turn off the lights in rooms you're not using.
- Don't overfill the kettle. Only boil enough water for what you are doing e.g. making a cup of tea.
- Place draft excluders underneath doors. This will prevent the warm air escaping from the rooms you are using.
- Place insulation strips around windows. If your window has a draft then heat can escape. These can be bought cheaply at most DIY stores.
- Cook food with the lids on. This way less is lost allowing you to cook food faster and use slightly lower temperatures that use less energy.
- Don't leave TV's, stereos etc. on standby. By leaving that little red light on you will be using electricity needlessly. Turn appliances off at the wall and on again when you need them.
- Open curtains and blinds. During the cold months open your blinds/curtains to allow your rooms to heat up when the sun shines. Close your blinds and curtains when the sun goes in and gets dark.
- Don't hang washing on the radiators. This may dry your washing more quickly, but it reduces the amount of heat available to heat your room.