

More Expensive Measures

Insulation:

1. Secondary/double glazing. This not only reduces heat loss, but makes a room feel warmer at lower temperatures because it cuts out draughts & cold patches near windows.
2. Insulating solid walls. This can be done either internally or externally depending on your property.

Installing Solar thermal for hot water or solar pv.

Solar thermal will give you hot water on sunny days and preheat your water on less good days saving on water heating costs. Solar pv will generate electricity which goes to the grid. You are paid for all the electricity generated at your home at a higher rate than you pay to buy what you use.

Some Useful Contacts

Energy Saving Trust: 0800 512012
energysavingtrust.org.uk

Age UK: 0800 169 65 65
ageuk.org.uk

Energy Companies- the Government requires energy companies to offer low price insulation to customers.
In this area ring Domestic & General 0800 132910

Fownhope CRAG – a local voluntary group who printed this, will offer advice over the phone or in person. Ring Jane or David on 01432 860854.

Worried about keeping warm & paying the bills? How to save money on your Fuel Bills.

Free Measures

Heating

1. Turn the thermostat down by 1deg.C & check timer for unnecessary hours.
2. If you are going out for the day or away for a period turn to a low setting to save energy.
3. Close your curtains at dusk to minimise heat loss & make sure curtains don't hang over radiators.
4. Avoid putting bulky furniture in front of radiators & blocking heat from getting into room.

Electricity

1. Turn off all appliances including lights when not in use and unplug chargers. Appliances on standby can still use up to a quarter of the electricity they use when on.
2. Fill your washing machine/dishwasher/tumble dryer to capacity, or use a small load setting.
3. Dry washing outside when possible.
4. Only fill the kettle with what you need.
5. If your freezer is not full put empty boxes in, helping to reduce the loss of cold air when you open the door.

Cooking

1. Use the right size of pan for the burner.
2. Try to do batch cooking in the oven.
3. Use a steamer, if you have one, to stack different vegetables over one burner.

Low Cost Measures

Electricity saving:

1. Buy energy saving light bulbs. There is now a huge range & each bulb can save as much as £9 a year.
2. Buy a shower timer & save hot water.
3. Buy an automatic device to turn your TV or computer off standby mode.

Heating:

1. Fit a British Standard insulating jacket, at least 3" thick to your hot water tank. Cost, about £10, should be saved within a year.
2. Fit draught excluding devices. Cost about £5 for each exterior door, plus about £5 for a letterbox.
3. Fill gaps under skirting boards.

Medium Cost Measures

You may be able to get help with some of these costs from your energy company – see back page.

Heating:.

1. Insulate your loft to 10" depth. If your loft is already insulated, check the depth of insulation: in the past we used much less. There may be grants for this –see last page, even if you have to pay you should save the cost in 2-3 years.

2. Cavity wall insulation. This will cost £250 - £400, but you should save this over 3-5 years. Possible grants.
3. Have radiator thermostats fitted. These control the temperature room by room. May be free.
4. Buy thermal lining for curtains, perhaps just for the room you sit in most. Available at Dunelm.

Electrical Appliances:

When replacing fridges/washing machines etc. look at the energy rating. If your current appliance is more than 10yrs old a new A rated appliance could save a lot

Appliance	Average annual saving
Fridge freezer	£35
Freezer	£30
Fridge	£20
Dishwasher	£15
Washing machine	£5

Cooking:

Consider the possible benefits of a pressure cooker to save time on boiling food. Can you heat something in a microwave to save turning on the oven? These items may save money even if you have to buy them.

