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Our world, your home - how to save energy at home.

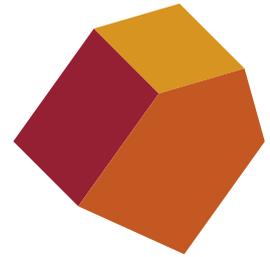
Your guide to greener, cleaner and cheaper habits.



Introduction

Welcome to the second of our six mini guides, jam-packed full of money saving and energy saving advice. This guide focuses on saving energy at home.

All the tips in this guide cost little or nothing and can help **save energy, water and help save the planet.**



How to save energy at home

Our gas and electricity use in our homes creates about a quarter of all carbon emissions. So cutting back how much you use will help the environment as well as your finances. It can be hard to change your habits but they can make a big difference.



Keeping cosy and comfortable at home



Heating and hot water accounts for more than 60% of our energy bills. But there are things we can do to cut back, while still keeping warm in the winter and cool in the summer.

1.

Take control of your heating

Installing a room thermostat, programmer and thermostatic radiator valves could help save energy. The right settings can cut your annual carbon emissions by 305kg – that's the same amount of carbon emitted during a return flight from London to Glasgow!



Turning your combi boiler flow temperature down to 60°C could save you up to £100 a year. This will make the water in your radiators a little cooler but it won't affect room temperature although it may take a little longer for rooms to warm up. If you are over 65, or have pre-existing health conditions, 65°C is probably a better choice. Watch [this video](#) for more information.



If you have a programmer, set your heating to match your needs and lifestyle. For example, set your heating to turn on half an hour before you get up and to turn off half an hour before you go to bed.



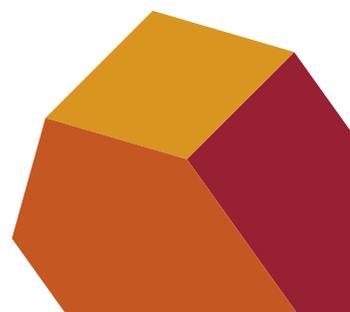
If you have adjustable radiator valves, turn radiators down to between 2.5 and 3 (roughly 18°C) in unused rooms. Then turn the dial up when you need to use the room. But avoid turning off radiators completely in rooms you are not using as it could lead to damp and mould. Watch [this video](#) to find out more.



Turning down your thermostat by one degree can save 4% on your heating bill, worth around £75 a year. Remember to keep your home at a safe temperature though. The World Health Organisation recommends 18°C for healthy adults but the very old or young may need to be warmer.



Dressing warm is cheaper than turning up the heating. And wearing lots of layers is warmer than wearing one thick jumper.



2.

Reduce heat loss in your home



Cutting draughts and improving insulation can make a big difference.



Small fixes like insulating your hot water cylinder and draughtproofing window frames, doors, chimneys, keyholes and letterboxes can save you around £30 a year on energy bills. Watch [this video](#) for more information.



Closing doors to rooms you're not using can also make a difference as can using blinds and curtains. Letting light in during the day will help to warm your home and closing them at night keeps the heat in.

3.

Bleed your radiators

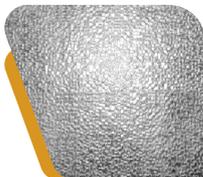
Air can collect in the top of radiators leading to cold spots. Bleeding your radiators lets this out and helps the hot water to circulate.



We recommend bleeding your radiators at least once a year. Not sure how? Visit our [Help Hub](#) and [watch our explainer video](#).



Radiators work better with good air circulation so keep furniture away from them if you can and avoid using them to dry clothes if possible (which can also lead to damp and mould).



Fitting reflective panels behind your radiators could also help to save energy.

4.

Get the most out of your electric heating system



The most efficient way to set up a storage heater is to set the output as low as possible and adjust the input to meet your own needs. This will keep it as hot as it can be for as long as possible. Visit our [Help Hub](#) for information and video guides on getting the most out of your [electric / storage heaters](#).



5.

Save in the shower



Reducing the pressure on a power shower can help save energy and water. A high-pressure power shower can use more water than a bath so you could be paying to heat more water than you realise.

6.

Tips to keep cool in summer



Check out our [summer edition](#) of our customer magazine for tips to stay cool in the warmer summer months!



Save on electricity and lighting

Most homes are full of electrical appliances and there are ways to choose and use them which can cut your energy bills.

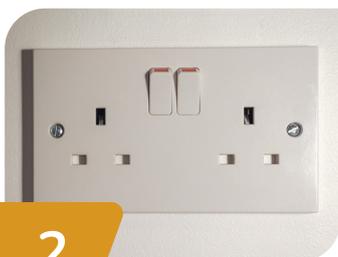


1.

Get your lights right

In the UK we waste £140 million a year by leaving lights on unnecessarily!

- Switching from a standard 60W bulb to an energy efficient 20W bulb could save you £5-£10 a year on your electricity bill, per bulb! Newer bulbs also last up to ten times longer so that can also save you money in the long run. Plus, they can be recycled making them even more environmentally friendly!
- Remember to turn the lights off when you leave a room – it could save you as much as £14 on your annual energy bills.



2.

Say goodbye to standby

The average household in the UK wastes £37 a year by leaving appliances on standby. This amounts to almost a billion pounds in total in the UK.

- Remember to turn appliances such as TVs, computers, and set top boxes off at the mains when not in use. Standby mode may be convenient but all those sleeping appliances are using energy. Most devices can be turned off at the plug without upsetting their programming.
- Consider getting a standby saver or smart plug to turn all your appliances off standby in one go.



3.

A-rated appliances

If you're thinking of replacing appliances, doing it sooner rather than later could help you save money in the long run.

- Look for appliances with the highest efficiency rating. The EU energy label rates products from A++ (most efficient) to G (least efficient) and by law the label must be shown on all refrigeration, laundry appliances and dishwashers. Upgrading from a C rated washing machine to an A rated one could reduce the energy you use to wash your clothes by 25% and an A rated washing machine will use less than seven pence worth of electricity per cycle and save on the amount of water used. Visit the Energy Saving Trust's [guide to choosing home appliances](#) for more information.

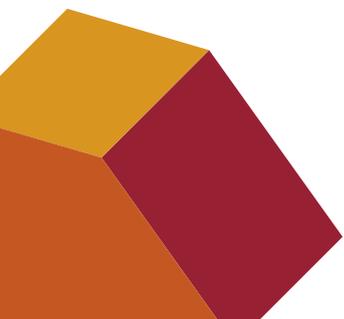


4.

Not that kind of greenwashing!

You could save energy and money just by using your washing machine more carefully.

- Using a 30-degree cycle instead of higher temperatures can save you £40 a year and still get your laundry clean and fresh.
- A full load wash is more energy efficient than doing two half loads, even when using half load settings. You could save £10 a year just by doing one less load of washing a week.
- Tumble driers are expensive to use. You could save up to £70 a year by hanging out clothes to dry.
- Adding rubber dryer balls to a tumble dryer can cut the drying time by 25%.
- Keeping the filters in your washing machine and dishwasher clean helps them work more efficiently and last longer.



Be savvy in the kitchen

Cooking typically accounts for more than 10% of electricity use in UK homes and freezers also use a significant amount of power. On top of this, Brits throw away mountains of food every single week, contributing to carbon emissions and higher food bills. But there's a shelf-load of ways to cut costs and waste in your kitchen.



Boil what you need

- Your kettle could be using as much as 6% of the electricity you pay for! Boiling the right amount is one of the easiest ways to cut your energy use and could save up to £25 a year. Descaling will make it more efficient and help it last longer.
- Boiling water for cooking in the kettle is 10% more efficient than heating pots and pans from cold on the hob!



Put a lid on it

- Choosing a pan that fits the hotplate or burner is much more efficient and keeping lids on will cut both cooking time and condensation.



Fridge-freezer care

- Keep your fridge or freezer at the right temperature - 3°C to 5°C for a fridge and -18°C for a freezer. Avoid putting hot food into the fridge too.
- Defrosting will improve efficiency... and stop that annoying noise when you pull out the drawers!
- If possible, don't put your fridge or freezer next to something warm like an oven or boiler, otherwise it will use more energy to cool efficiently. Remember to clean your fridge too - removing dust from the coils on the back will make it more energy efficient.



Know your gadgets

- Save energy by using your microwave as it cooks more quickly than other methods.
- A slow cooker or an air fryer is also worth considering as they're more energy-efficient than conventional ovens. Cooking veggies in a three-tier steamer pan will also reduce the need to use multiple rings on your hob.
- Using the toaster instead of the grill will also use less energy!



Reduce your dishwasher use

- According to the Energy Saving Trust, reducing your dishwasher use by one run a week for a year could save you £14.
- Fill up the dishwasher and use the eco setting. It may take longer but will use less energy and water.
- If you wash-up by hand, use a bowl rather than a running tap to cut your water and energy use.

Additional information and support

Discover the comprehensive range of additional resources and support options available to help you navigate through the cost of living crisis.

Government support

Visit [Help for Households](#), the government scheme that offers information and support on the cost of living, energy and other household bills.

Talk to us or your local authority

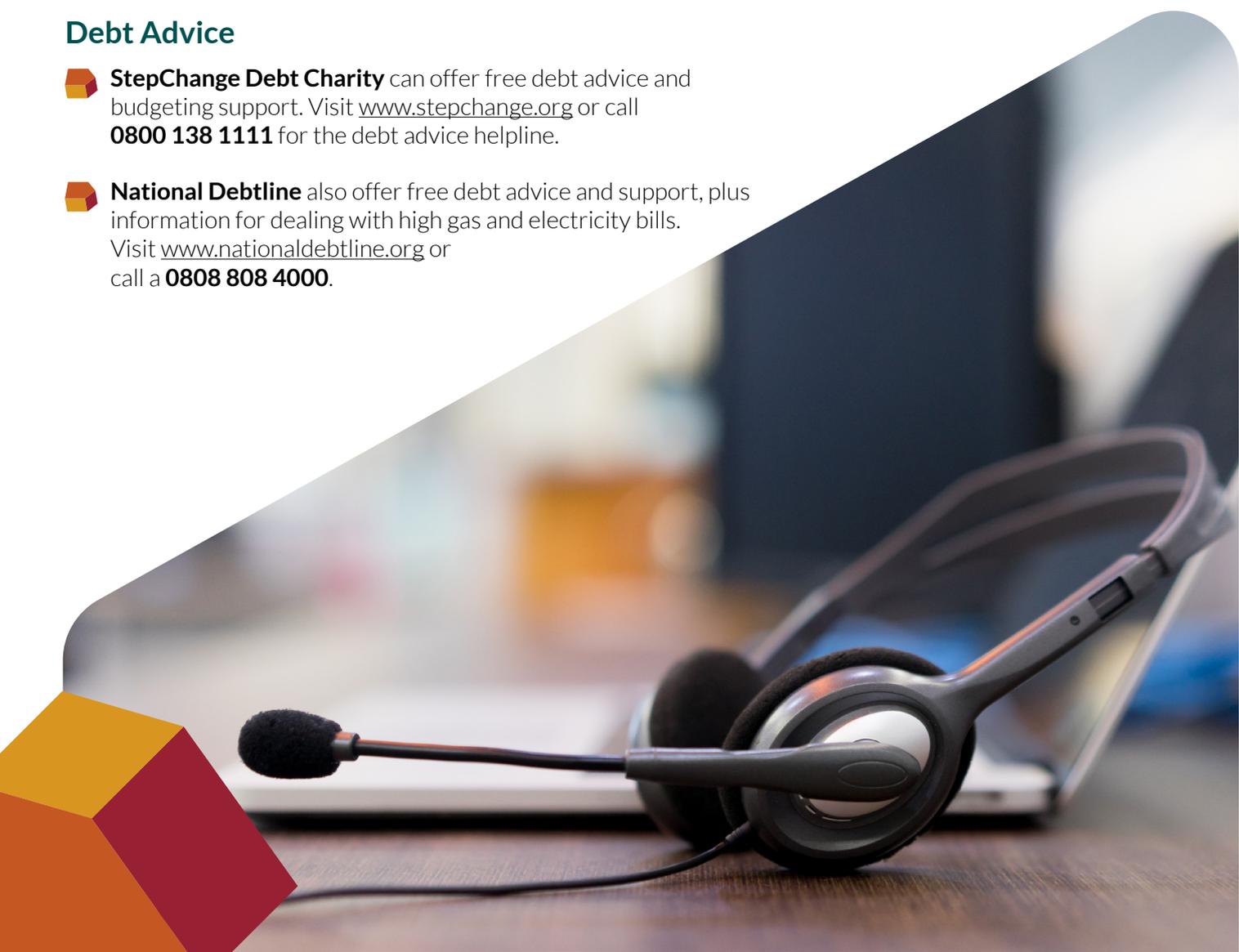
Both Futures and your local authority can tell you about any financial support, additional benefits and government discount schemes to reduce your fuel bills. For more information on support related to cost of living, guidance of claiming appropriate benefits and money advice, visit our [Cost of living: you're not alone](#) page.

Our Tenancy Support team is here to support you, whatever your circumstances. Our friendly advisors can make sure you're getting all the support you're entitled to. Speak to our team on **0300 456 2531** or email enquiries@futureshg.co.uk.

Debt Advice

StepChange Debt Charity can offer free debt advice and budgeting support. Visit www.stepchange.org or call **0800 138 1111** for the debt advice helpline.

National Debtline also offer free debt advice and support, plus information for dealing with high gas and electricity bills. Visit www.nationaldebtline.org or call a **0808 808 4000**.





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