

## LARGER THINGS YOU MIGHT DO WITH SOME FUNDING

Energy efficiency measures and low-carbon heating include (but are not limited to):

- Wall insulation (cavity, external, internal)
- Loft insulation
- Floor insulation
- Heat pumps (air source, ground source)



Our Future Fit Team provide impartial retrofit advice about improved insulation and low-carbon heating specifically for your home. They can also let you know if there is any grant-funding available to you.

✉ [futurefit@plymouthenergycommunity.com](mailto:futurefit@plymouthenergycommunity.com)

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## IF YOU NEED SUPPORT, OUR ENERGY TEAM CAN:

- Help to talk to your supplier
- Look at solutions to deal with your energy debt
- Discuss ways to reduce your energy usage
- Look for grants to reduce your bills
- Look for grants to make your home better insulated
- Help with small measures such as LEDs to reduce your energy bills
- Maximise your income to make sure you are getting all your benefits

## OTHER HELP AVAILABLE

Scan the QR code to view other relevant advice and accessibility options for this leaflet from our website



## ENERGY SAVING TIPS

# Reduce energy waste to lower your bills



## FREE ADVICE FROM PEC'S ENERGY TEAM

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## HERE ARE A FEW DO-IT-YOURSELF IDEAS THAT CAN BE CHEAP OR FREE...

Heat your home to meet your needs. 18 - 21 degrees is a healthy temperature range for most. Turning down your thermostat by one degree, for example from 22° to 21°, can save up to £90 for a typical home.

Every minute less you spend in the shower will save you around £16 per person per year. Try to cut down to 4 minutes or less.

Microwaves, slow cookers and air fryers are cheaper to use than your oven.

Open curtains in the day time to allow the heat from the sun in, and close them at dusk to retain the free heat (tuck them in behind any nearby radiators).

Avoid overfilling your kettle - boiling only the amount of water you need could save £10 a year.

Make DIY draught excluders for front doors, using a pair of old tights and spare clothes or material.

Get to know your heating system - using the controls (thermostat, timer, thermostatic radiator valves [TRVs] etc.) correctly and effectively will save money.

Tumble dryers are one of the most expensive appliances to run - dry clothes outside when possible, or in a well-ventilated room on an airer. Dehumidifiers are a cheaper option for drying clothes inside in the winter.

If your radiators warm up at the bottom, but not at the top, they may need "bleeding". Ask your Gas Safety Engineer during your annual service or Gas Safety Check.

Turn lights off when they are not needed could save around £7 a year.

Fill up your washing machine and you could do one load less a week. This could save £12 a year on energy bills. Try the eco setting or cooler washes to save more money.

Turning appliances off standby could save around £45 a year.



## ...AND SOME IDEAS THAT COST A BIT

Fitting an 80mm cylinder jacket on your hot water tank will help retain heat and save around £180 per year.



Thick, lined or thermal curtains help retain heat; a cheap way to reduce heat escaping through windows.

DIY draught proofing can be cheap and effective in reducing lost heat from gaps around doors, windows or floorboards - people who are happy to do basic DIY tasks might find this easy to do.



Reflective radiator panels attached to walls behind radiators help to reflect the heat you're paying for back into the home rather than letting it escape through walls. This can save £25 per year.

If you have an un-used chimney, fitting a "chimney sheep" will help prevent heat escaping up the chimney's flue.



Replace old, inefficient lightbulbs with LEDs to save around £5 per lightbulb per year.