



ENERGY SAVING

# Green Guide

WINTER 2022

Save up to  
**£690**

# Save on utility bills without spending a penny

Even little modifications around the home can mount up to significant savings in your utility bills, whether you're **renting or a homeowner**.

The **10 tips below** could save you up to £690. The changes you make can also reduce your carbon footprint and help the planet – it's a win-win.



Everyone's home is different, and the savings detailed below are indicative estimates.\*1

*Links to information sources are given under each section, labelled 'source'.*

## SIMPLE SWAP

## ANNUAL SAVING

### 1. Turn your thermostat down by 1 degree

£145

If you're warm enough, turn down your thermostat by one degree. Consider setting your thermostat to the lowest comfortable temperature, which for most people is 18°C–21°C. Think about extra layers before turning up the thermostat. There are some great tips and ideas for keeping warm and saving energy [here](#) at Money Saving Expert.

**Source**

### 2. Lower boiler flow temperature on combi boilers\*

£112

Take 8 minutes to set your combi boiler to 60°C or less. Follow the simple steps [here](#).

*\*Do not change flow temperature in properties with hot water tanks due to the risk of [legionnaires disease](#).*

**Source**

## SIMPLE SWAP

## ANNUAL SAVING

### 3. Simmer food and put lids on pans

£99

Like a roof on a house, a lid on a pan keeps the warmth in and reduces the amount of energy needed to keep it hot. Make it a habit every time you cook, and you'll reap the savings.

#### Source

### 4. Take 4-minute showers

£95

Average shower times, in the UK, are 7-8mins. Keeping your shower time to just 4 minutes will reduce the volume of water you use and the energy required to heat it. Saving you money on your water and energy bills.

You can get a free 4min timer from South East Water [here](#).

#### Source

### 5. Avoid using the tumble dryer

£70

Where possible dry clothes on racks inside or outside in warmer weather.

If you own a condenser tumble dryer – the most energy-hungry type – you could save up to [£170](#).

#### Source

### 6. Unplug standby and vampire appliances

£65

Appliances that draw energy when on standby or left plugged in are known as vampire appliances. [British Gas](#) has estimated that 23% of our electrical usage is vampire energy, costing the nation billions.

Unplug items like TVs, games consoles and broadband routers (when you leave the house). There's a long list of other appliances, like kettles, that draw power when they aren't in use. Find out how much you could save by unplugging the appliances you own [here](#).

#### Source

## SIMPLE SWAP

## ANNUAL SAVING

### 7. Install a water-efficient showerhead\*

£45

25% of the average British household's energy bill is spent heating water. With a water-efficient showerhead regulating the amount of water you use, you can save money on your energy and water bills.

Get a **free** water-efficient showerhead from **South East Water**. It's simple to install.

\*Not compatible with Electric, Digital or Power Showers

#### Source

### 8. Turn off lights

£25

Make a habit of turning lights off when you leave a room or aren't using them. When light bulbs need replacing, buy LED bulbs, and you'll save even more. Find out how much [here](#).

#### Source

### 9. Don't overfill your kettle

£17

Be mindful of how much you fill your kettle. Try just to boil the amount you need. Consider filling the kettle with a mug to help you measure. If you boil too much water, pop the excess in a thermos flask, it could save you from having to boil the kettle next time.

#### Source

### 10. Fill your dishwasher

£17

Aim to only run your dishwasher when it is full to reduce the amount of water you use. Reducing your dishwasher use once a week for a year could save you £17.

#### Source

# Free tailored, energy solutions

If you want to make your home more energy efficient and make more savings, try the **HACKS calculator** [here](#). Answer a series of questions about the energy set-up at your home to find the best solutions for you.

**If you're concerned about paying your energy bills and need help, contact** Citizens Advice about funding and support [here](#). Or call their Consumer Helpline on 0808 223 1133.

**Author: [Chrissie Nicholson](#)**

**[Photo credit: Kira auf der Heide](#)**

## **\*1 Disclaimer**

The information provided in the Green Guides is for general information purposes only. No decision should be made solely based on the numbers or information presented on the website or other channels of communication. We have made every effort to ensure accuracy within the guides, yet it doesn't constitute legal advice tailored to your individual circumstances. We make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the information contained in the guides for any purpose. If you act on this information, you do so entirely at your own risk.