

a guide  
to saving  
energy and  
money

**We have suggested a variety of things that you can do to improve your home and cut energy costs. Some jobs may need a contractor; others could be done yourself, as long as you follow the manufacturer's instructions.**

Remember – before you do any improvements (or alterations) to your home, you must get permission from Cestria Community Housing.

## **Saving energy**

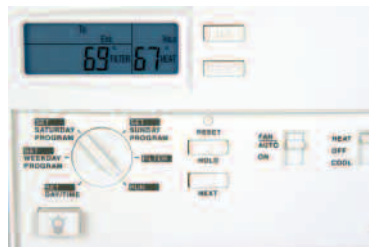
The energy you use costs you money, in the form of gas and electricity bills. Saving energy can help to make your home warmer, make you more comfortable and it may help to reduce condensation in your home.

You don't have to spend money to start saving energy and money. It's all about thinking about the way you use energy, and finding ways of cutting down your usage.

Here are our top tips for saving energy:

- When boiling a kettle, just fill it with the amount of water you need – this saves water and electricity.
- Close curtains in your house at dusk to stop heat escaping, and keep them open through the day to let heat and light in.
- Turn off your heating when you're going out or on holiday.
- Turn the thermostat on your heating system down slightly – just one or two degrees can save 10% on your fuel bill (but make sure you stay warm).
- If you're too warm, turn down the heating instead of opening windows.
- When cooking, use pans that fit the hob – and if using gas, make sure the flames only heat the bottom of the pan.
- Fill in gaps under doors and skirting boards. Draughty houses not only feel uncomfortable, but also waste energy.
- Switch lights off in empty rooms.

- At night, turn off the standby light on your television, video and DVD.
- Change light bulbs to energy-saving ones next time they need replacing – they cost from £1.50, and can save you £10 a year on your electricity bill.
- Reduce heat loss with lined, or insulated, curtains – and hang them so that they tuck behind your radiator to keep the heat in the room. Make sure they are made from heat retardant materials to reduce the risk of fire.
- Avoid blocking your radiator with furniture, as this will stop the heat from circulating around the room.
- Only switch your central heating on when you need it – you could save £'s each year just by heating your home for one hour less each day.
- Fit a shelf just above a radiator (two or three inches higher) and it will help to deflect the heat back into the room.
- With radiators on outside walls, try putting aluminium foil on the wall behind the radiator. This will reflect heat back into the room.
- When buying new appliances, such as washing machines, dishwashers or televisions, ask for details of running costs. You could be surprised at the difference.



It's great to save energy and money – as long as you also ventilate your home to stop it getting stuffy. This is very important if you have an open fire, gas fire, flued boiler or flueless appliances – as well as a solid fuel burning appliances, as these all need a supply of fresh air to ensure that the appliance burns safely and by products from burnt gases are removed.



# Other measures to keep your home warm

## 1. Draught proofing doors

This involves fitting seals around doors to stop draughts. Wherever you can feel cold air coming in, you can be sure that warm air will be getting out.

This is one of the most inexpensive and effective ways of saving energy. A brush seal or PVC seal can be fitted to external doors to stop draughts. You can fix a nylon brush or spring flap to the inside of the letterbox and cover keyholes to prevent draughts.

## 2. Loft insulation

As much as 20% of your fuel bill can be saved by fitting insulating materials within the loft space. A total depth of 150mm (6") or greater is recommended.

Once you have insulated your loft, less heat will be lost from your home and the space in the roof will be colder. So remember to insulate any tanks or pipes in the loft space to prevent them from freezing. It is also advisable to insulate and draught proof the loft hatch.

## 3. Hot water tank insulation

If you have a tank to store domestic hot water in your home, you can save energy by insulating it. Water will stay hotter for longer. A thick jacket, about 80mm thick, can cut heat loss by 75%.

## 4. Hot water pipe insulation

Heat is also lost through the whole length of hot water pipes in your home. You can save money by placing insulating material around the pipes.



The most important pipes to insulate are:

- The hottest pipes, to prevent less heat from being lost from them.
- Pipes in the coldest places, to prevent them from freezing.
- Pipes between the boiler and hot water tank.
- Pipes from the hot water tank to the hot water taps.

## 5. Double glazing

Double glazing can improve the appearance of your home, reduce noise and helps cut condensation problems. Double glazing should be left to a FENSA registered contractor.



## Energy efficiency grants and discounts



The Energy Savings Trust Advice Centre can give you independent advice about improving the energy efficiency of your home. Here's how you can contact them:

**Freephone: 0800 512012**

or go to the web-site at

**<http://www.energysavingtrust.org.uk/>**

Both gas and electricity suppliers provide energy efficiency advice on free telephone numbers:

**Northern Electric Energy Efficiency Hotline**

**0800 0740 745**

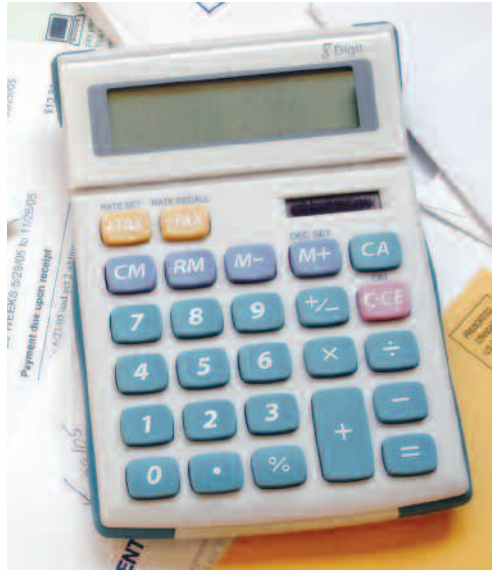


**British Gas Energy Advice Desk**

**0645 650 650**

## Budgeting

Most gas and electricity companies have easy payment options, including weekly, fortnightly or monthly budgeting, flexible payment schemes or key meters. Ask for details from your gas or electricity supplier. If you are struggling to meet your bill payments, contact your utility supplier immediately for advice.





**We are committed to providing fair opportunity to access information.**

**If you would like information in another language or format, please call us on Freephone 0800 587 0001.**

**Also available in:**



Visual impairment formats



**[www.cestria.org](http://www.cestria.org)**