



My Energy Saving Action Plan

✓	Actions	Approx savings/ yr	Notes
	Use your programmer, heating controls, and TRVs effectively.	£75	
	Keep room temperatures between 18-21°C and reduce by 1 degree if comfortable.	£80	
	Install radiator panels on external walls.	£63	
	Prevent heat escaping through gaps in windows or doors with draught proofing.	£20	
	Don't leave appliances on standby- switch off TV, DVD, set top box, games consoles, computers etc. at the plug	£30	
	Keep internal doors closed.		
	Don't block radiators with clothes, furniture or curtains.		
	Use an energy monitor to compare the energy usage of items in your home and identify where you can save energy.	£45	
	Only boil what is needed in the kettle.	£7	
	Turn off unneeded lights, use energy saving light bulbs and consider LEDs.	£49	
	Dry washing outside when possible.	£48	
	Cut back to one cycle of washing per week, use economy or low temperature cycles (30°C) and wait for a full load.	£14	
	Use a shower timer to shorten shower times by 1 minute. (savings based on 4 people)	£75	
	Have showers not baths (or shallow baths - a 10 minute shower can use 50 to 150 litres of water)		
	Defrost food in the fridge where possible not in a microwave.		
	When replacing appliances, purchase the most energy efficient models (A+ to A+++)		
	Open windows and doors instead of using electric fans		





Myth Busting

FALSE

Leaving the heating on all day on a low temperature is cheaper than turning the heating up and down or on and off as needed.



Cranking the thermostat up heats the home faster.



Electrical appliances such as TV's, phone chargers, laptops etc. don't use electricity when they are plugged in but not used.



With traditional light bulb fittings, you cannot do a straightforward swap with energy saving bulbs.



It is always cheaper to use electrical appliances at night.



TRUE

Leaving your room thermostat on a lower temperature all day will waste heat when you do not need it. By combining the use of a thermostat with a timer control the house will be heated to the desired temperature for just the time you need it.

No matter how high you set the temperature, the speed the house heats up remains the same. So there is no need to crank it up to 30 degrees

Some electric appliances still use energy even when the device isn't being used!

Energy saving bulbs and LEDs now come in all shapes and sizes.

This will be true for those tenants on an Economy 7 tariff, however the majority of householders are not on this form of tariff and pay the same rate at all times of day and night.