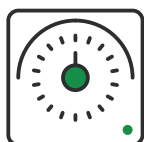


10

Quick and easy ways to take control of your energy bills this winter.



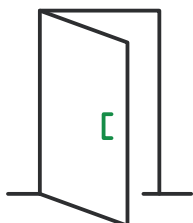
Groundwork is a federation of charities mobilising practical community action on poverty and the environment across the UK. Our Green Doctors help residents stay warm, stay well, and save money on household bills. They have shared ten of their top tips below to help you to reduce the amount of energy you need and to save money.



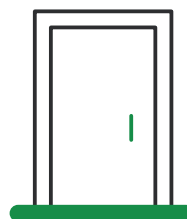
Use a thermostat or heating programmer rather than switching your heating on/off manually.



Set your thermostat to 18-21 degrees Celsius. A reduction of just 1°C can save around £80 a year.



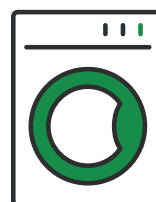
Close internal doors to keep the heat where you want it.



Draughtproof to reduce heat loss and lower heating bills.



Only fill the kettle with as much water as is needed.



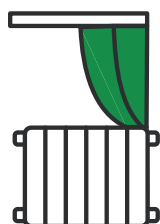
Wash clothes at 30°C. A 10°C reduction can almost halve the energy costs of a wash.



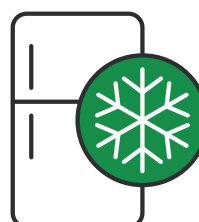
Dry clothes slowly on an airer in a well ventilated space, or outdoors, to save on dryer costs and reduce damp and mould.



Make use of a slow cooker, they are much more efficient than a conventional oven and the food tastes great too.



Tuck curtains behind radiators to keep the heat inside the room.



Defrost your freezer to save money.



For more ways to take control of your energy bills visit our website: www.green-doctor.org.uk