

# Energy advice



## Controlling the thermostat

- Your thermostat tells the house when it's hot enough and turns the heating off
- Setting it between 18-21°C is usually enough
- For every one degree higher you have the thermostat, you'll add an extra 8 to 10 pence to your bill for every pound you spend
- If you have Thermostatic Radiator Valves, turn them to the mid-way point in the summer – this will stop the valve sticking when your heating is off.

## Bathroom

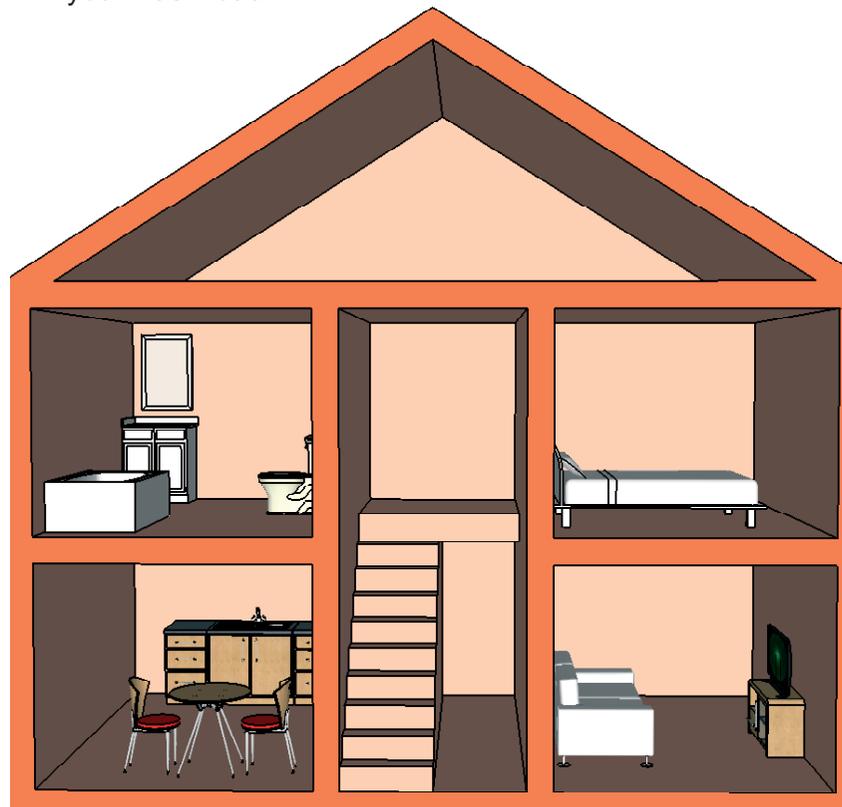
- Turning off the tap whilst brushing your teeth can save money on your water bills
- Fix any leaking pipes to prevent unnecessary water loss.

## Kitchen

- Always use the right sized pan for the job and the right sized hob ring for each pan
- Keep lids on pans as much as you can, to reduce heat loss - turn the heat down when it reaches the boil
- Defrost food in the fridge overnight rather than microwaving it
- Keep the oven door shut as much as possible; every time you open the door you lose heat
- Only boil the water you need in your kettle, and de-scale it from time to time
- Make sure air can circulate around the back of your fridge and freezer
- Don't keep the fridge or freezer door open for longer than necessary
- Try not to put the fridge or freezer next to a heat source such as a cooker or radiator, or in direct sunlight.

## Outside

- Line dry your clothes whenever possible to save energy using the tumble drier
- Using the highest spin speed on your washing machine before hanging it out can reduce the drying time
- Hang or fold your clothes as soon as they are dry to reduce the need to iron them
- Try hanging up your clothes after taking them off to reduce your wash load.



## Hallway

- Remembering to turn off the lights when you leave a room can help save energy
- Use draught excluders at the bottom of doors to help reduce heat loss
- Putting a curtain over the front door helps keep draughts out
- Don't leave the front door open more than necessary.

## Bedroom

- Use the right tog duvet for the weather (low tog in summer and high tog in winter) to avoid having to use the heating (or air conditioning) unnecessarily
- Wear socks to bed in cold weather to keep toasty
- Use a hot water bottle to warm the bed up, rather than an electric blanket
- Keep extra blankets by the bed so you can easily adjust your temperature during the night
- Invest in draught excluders for the bedroom door to keep the heat in your room during the night.

## Living Room

- Consider putting on an extra layer of clothing before turning up the heating
- Clear a space around your plug sockets to make it easy to turn items off at the mains or consider purchasing a standby saving device
- If you are going on holiday, switch off your television and set-top box at the plug
- Get into the habit of turning off the television at the socket or on the set, and not leaving it on standby. You can buy mains controllers which do this by remote control.



## January

Fancy a cuppa? Boil only the water you need in your kettle.

Cooking vegetables? Use enough water to cover them, not to fill the whole pan.

## December

Only charge what you need! Don't leave your gadgets charging for longer than necessary.

Leaving your laptop or mobile phone on charge will continue using power even when the battery is full.

## November

Enemies of energy efficiencies! Gaps under doors, whistling letterboxes, flapping cat flaps. Putting draft excluders in front of doors and maybe even hang a curtain on the back of your front door if it lets the heat out.

DIY shops will also sell insulation tape that you can put round cat flaps and letter boxes to keep the heat in and the energy bills down.

## October

The clocks are going back! The start of dark nights and mornings – use energy saving lightbulbs – they can cut money from your energy bill and they last longer than a normal lightbulb.

## February

Switch off! – turn off lights when you leave a room.

Close internal doors to keep the heat in the rooms you are in and turn radiators off in unused rooms.

## March

Spurn standby! switch electrical items off at the mains rather than leaving them on standby.

Leaving an item on standby can use up to 80% of the energy it does when in use.

## April

Spring is on it's way! Turn the thermostat down a degree or two at home. This will help cut your energy use and your bills. If you feel cold add an extra layer of clothing or blanket.

## May

Resist the tumble drier! – warmer days mean you can dry your washing outside. Turn the temperature down on your washing machine from 60 to 40, or 40 to 30 degrees. Most washing powders and liquids work at lower temperatures.

## June

Save water at home! – turn the tap off when you brush your teeth.

If you are thinking about buying a new TV, look for the Energy Saving Recommended logo. This is your guarantee that the appliance you buy is among the most energy efficient on the market.

## July

Compare and check – are you on the right tariff? Have you done a meter reading?

### Find out more

By making a few small changes, your home will be more energy efficient and could save you money on your household bills. Follow some of these tips and you could start saving money today.

For more ways to find out how you can save money and energy for a cleaner and safer climate visit: [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

For more issues on Climate Change and the issues surrounding it please visit: [www.direct.gov.uk/en/environmentandgreenerliving/thewiderenvironment](http://www.direct.gov.uk/en/environmentandgreenerliving/thewiderenvironment).

For more details about how Nottingham City Council's Energy 4 Change commitment and how we are tackling climate change visit: [www.mynottingham.gov.uk/climatechange](http://www.mynottingham.gov.uk/climatechange)



**Helping our tenants  
and leaseholders  
save money on their  
energy bills**

## September

Keep it snug! Hang thicker curtains over windows will prevent heat escaping and make your home much more snug, especially once the nights become longer.

## August

Save rainwater! Use rainwater to water your garden, however large or small. Share your ideas! Arrange a community event to raise energy saving awareness.