

**Low Carbon Communities Initiative**

**Networking Key Services- NKS**

**SAVE ENERGY IN YOUR HOME**

**Many small changes add up to big savings in money and help fight climate change.**

* **IN GENERAL**
* If you have a room thermostat, lowering it by one degree will save around £75 per year
* Turn down the thermostatic radiator valves (TRVs) in rooms you are not using
* Set the heating and hot water temperature controls on your gas boiler to below the maximum settings to save money
* Where possible, put your central heating on a timer
* Set your heating to come on a bit before you wake up but time it so that it switches off again before you leave the house
* Avoid using plug-in electric heaters as they use lots of electricity to heat a small space
* Energy saving light bulbs save on average around £3 a year each
* If you are buying an appliance, try to choose one which is energy efficient
* If you rent your home from a council or housing association, please speak with your landlord if you wish advice and information on heating or insulation; if you are an owner or private tenant, please phone Home Energy Scotland (details at the foot of this sheet)

* **IN YOUR KITCHEN**
* Always use the right sized pan for the job, and use the correct hob ring for each pan
* Keep the oven door shut as much as possible
* Allow warm foods to cool down before putting them in the fridge
* Use a microwave to cook or reheat food where possible, this is much more efficient.
* **Washing Tips**
* Make sure the machine is switched off when not in use and has no red lights left on
* Wait until you have a full load before putting on a wash – two half-loads use more energy
* Washing clothes at 30 degrees will save you around 40% of the energy used each year. Modern washing powders and detergents work just as effectively at lower temperatures so unless you have very dirty washing, bear this in mind!
* Avoid using your tumble dryer as it costs 60p per hour. Dry clothes outside in sunny weather. When you are using your tumble dryer, spin your clothes on the highest spin cycle before putting them in your dryer for a short period; complete the drying process by using clothes horses.
* **IN YOUR BATHROOM**
* A quick shower will use less energy than taking a bath
* Check that your electric fan is set only for the time needed to clear condensation and smells
* Invest in a shower timer to help you spend less time in the shower
* **Hot water tips**
* Power showers use as much water as taking a bath – consider fitting an aerated or low-flow showerhead to cut down water use
* Don’t leave the taps running continuously when you are washing your face or shaving
* If your house is all electric, ensure that your hot water timer is programmed for off-peak times. If your heating system has a separate hot water tank, try to set the programmer to match the times of the day its needed most. Most timers/programmers have a boost function which only heats up a small amount of the tank; use this where necessary.
* **IN YOUR HALL**
* Fit draught excluders around the front door and over the letterbox
* Putting a curtain over the inside of the front door helps keep the draughts out
* Get into the habit of closing all the doors to keep the heat in each room
* Hallway lights are used a lot – fit energy saving bulbs and save an average of £3 a year
* **IN YOUR LIVING ROOM**
* Fit heavy curtains and close them at dusk to keep the heat in
* Unplug items that are not in use (when was the last time you used your video recorder?)
* Don’t leave things switched on or on standby when in not in use (could save £45 - £80 a year)
* Put your TV box or digital recorder on a separate plug socket so you can turn off everything else at themains but keep your series link recordings
* **IN YOUR BEDROOM**
* Wear socks to bed in cold weather to keep your feet cosy
* Towel dry your hair thoroughly to cut down use of your hairdryer
* Use a hot water bottle to warm the bed up, rather than an electric blanket
* Don’t leave your phone charging – it should need only a couple of hours to charge fully
* During winter, set the heating to switch off a while before you go to bed
* **In children’s bedrooms**
* A TV, DVD player, computer and PS3 will cost £44 altogether per year to run – but that could be much higher if they are always left on when not in use
* Think about what you are putting on extension sockets to make sure you aren’t powering something that is not in use
* Maybe ‘lose’ the remote control for the TV to reduce the temptation to leave it on standby
* If you are thinking about buying a new computer, a new laptop typically costs £16 less in energy than an old desktop computer (and takes up less room)