

# Energy Saving Tips

Our handy guide to cutting costs in your home!



**UK household bills are increasing and everyone is feeling the pinch. That's why we've produced this handy guide to cutting energy costs in your home.**

**This booklet has a range of practical and easy ideas. By making small and effective adjustments around the house you could save money on your energy bills.**

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# OUR TOP TIPS FOR SAVING MONEY

Reducing our energy consumption is great for the environment, but it's also great for our pockets. Here are our top tips for saving energy in your home, which will reduce your bills, without spending a penny.

## KEEP YOUR RADIATORS CLEAR

Blocking or covering radiators will force your boiler to work much harder than it needs to because the heat is not circulating around your home. Make sure to remove any furniture or obstructions.



£200

## WASHING LINE VS TUMBLE DRYER

£70



Use a washing line over a tumble dryer. Save on bills and reduce the amount of condensation in your home.

## TURN OFF THOSE RADIATORS

£70



There's no need to leave radiators on in rooms that you're not currently using. It only takes a moment to turn them off and save money.

## SWITCH OFF STANDBY

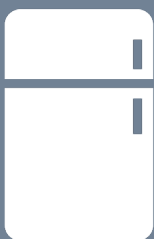


£65

Devices on standby use almost as much energy as when they are in use, make sure you switch off your TV.

## DEFROSTING THE FREEZER

£60



Make sure that you are defrosting your freezer twice a year to keep it working well. A build up of ice will make it use more energy.

## FRIDGE/FREEZER TEMPERATURES

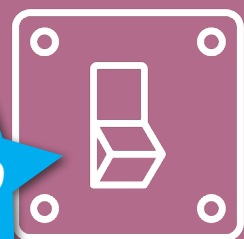
£60



Is your fridge & freezer too cool? The Food Standards Agency say that you should keep fridges at 5°C and freezers at -18°C.

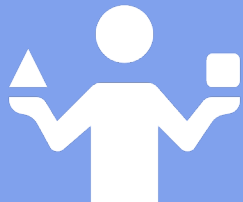
## SWITCHING OFF APPLIANCES

£50



Switch off equipment that's not in use at night. That could be laptops, printers, microwaves, and more.

All savings listed here are estimates and calculated per year. Figures were sourced from organisations devoted to promoting energy efficiency, energy conservation, and the sustainable use of energy, such as the Energy Saving Trust.



## COMPARE AND SWITCH

Comparing energy suppliers could save you money. Take a meter reading on the day you switch to make sure you won't get charged for energy used before the switch. Be aware that suppliers aren't offering many deals at the moment due to the energy crisis.

### DESCALING YOUR APPLIANCES

£55



Descalcify your washing machine and kettle at least twice a year – limescale can block heat and waste energy.

### COOLER WASHING TEMPERATURE

£34



Reducing the temperature of your clothes wash from 40°C to 30°C can use up to 59% less energy than a hot wash.

### LOAD IT UP

£17



Make sure that your washing machine and dishwasher loads are full. This reduces the total number of uses.

### BATH VS SHOWER

£20



Baths can use up two and a half times more water than showers. So, why not swap one bath a week with a shower?

### TURN OFF YOUR LIGHTS

£25



Always remember to turn off lights when you're leaving a room. Leaving lights on for a long time can add to your energy bill.

### OVERFILLING KETTLES

£13



Kettles are one of the most used kitchen appliances, but many of us boil more water than we need. Try to avoid overfilling the kettle.

# INVEST A LITTLE, GAIN A LOT

With rising utility bills, we need solutions to reduce energy costs and minimise our carbon footprint. Let's dive in and discover how investing a small amount of money can make a big difference to your household energy bill.

## INVEST IN A-RATED APPLIANCES

When buying new home goods, check the energy rating. Many appliances have long lifespans (such as fridge-freezers which can last for 17 years), but always consider the most appropriate appliance that suits your needs.



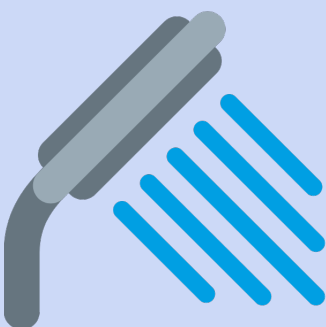
## HARVESTING RAINWATER

Collecting rainwater off your roof or shed will reduce your water bill if you are on a meter.

Plus during stormwater downpours harvesting lessens the load on water systems and helps reduce the risk of flooding.

## HIPPO THE WATER SAVER

A Hippo is a small container that you pop in your toilet cistern. The typical family uses 70% of their water in the bathroom, but with a Hippo, every time you flush your toilet you can save up to 3 litres of water, saving you money too.



## ENERGY EFFICIENT SHOWERHEADS

Using an energy-efficient showerhead in your bathroom reduces the amount of water you use per shower. They change the flow rate without impacting the pressure, so you can enjoy the same shower experience while saving some money.

*Investing money and finding the most energy efficient products can seem a little daunting. But, while it may take longer than normal, the benefits are great - you will not only save money in the long run, but also contribute to a better global environment.*



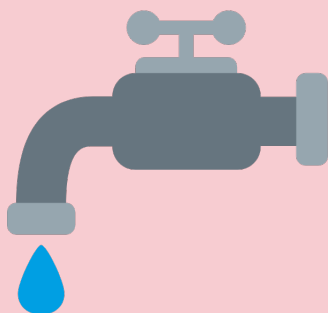
## KEEPING YOUR OVEN SPOTLESS

When your oven is clean on the inside it will reach the desired temperature in less time and distribute heat more efficiently, which means it uses less energy and reduces your bills.

But please remember to use safe products!

## LIGHT UP YOUR LIFE WITH LEDs

Replacing all your lightbulbs with LED versions can cost up to £160. However, you would save around £65 per year on energy bills, and since LED bulbs last much longer than standard bulbs, you will make your money back in under 3 years.



## SAY GOODBYE TO DRIPPING TAPS

If you find a dripping tap in your house, make sure it gets repaired, as it can waste thousands of litres of water a year. Stopping leaky taps will reduce your water bill if you are on a meter and reduce the amount of water wasted.

## AUTOMATIC TIMERS

Using automatic timers will give you control over your home appliances and when they get switched off. You can make turning off appliances easy while saving money on your bills.



## **DEFROST FOOD IN THE FRIDGE**

When defrosting frozen food, place it in the refrigerator. Its presence cools down the inside of your fridge, reducing the amount of work it has to do, lowering energy consumption. It's also the safest way to defrost frozen food.

## **KEEP IT OUT OF DIRECT SUNLIGHT**

Fridge-freezers in the view of direct sunlight have to work harder to stay cold, using more energy. It's more efficient in shaded areas of your kitchen.

## **DONT OVERFILL**

When filling your fridge, try to keep space in between items. Gaps allow air to circulate, so your fridge won't have to work as hard to keep the temperature cool.

# 6

## **Tips for your Fridge-Freezer**

## **SPACE IN BEHIND**

Try and make sure there is a 10cm gap behind your fridge. This keeps the air circulating and prevents energy being wasted.

## **VACUUM THE BACK OF YOUR FRIDGE**

It might seem like an odd thing to do but cleaning the back of your fridge and preventing the build up of dust can potentially improve its energy efficiency by up to 25%.

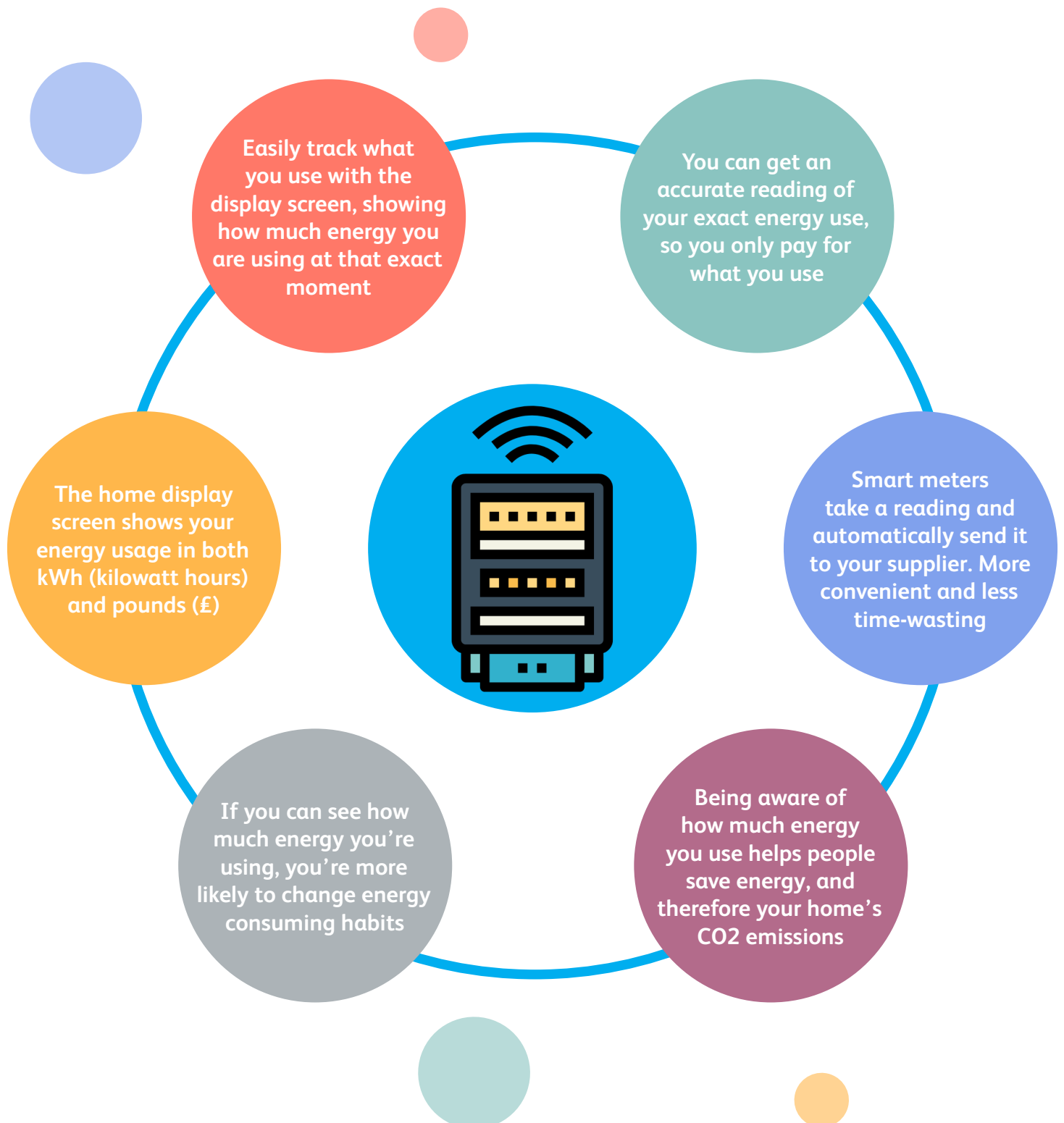
## **CHECK YOUR AIRTIGHT SEALS**

Keeping the cool air inside your fridge-freezer is really important - that's why they all have airtight seals around the doors. Replacing your seals if they are worn or damaged keeps your fridge cool and efficient.



# INSTALLING A SMART METER

A smart meter is a device that tracks your gas and electricity usage. It's connected to an in-home display screen that shows you how much you're using and how much it's costing you. Before installing a smart meter, please ensure your landlord or housing provider is informed. Let's take a look at some of the benefits a smart meter can have in your home:



# THE MOST ENERGY INTENSIVE APPLIANCES

Take a look at how much energy each appliance uses, as a percentage of the average UK households total energy use!

5%

Lighting, including lamps

Radiators and central heating

40%

Consumer electrics such as laptops, TVs and game consoles

5%

13%

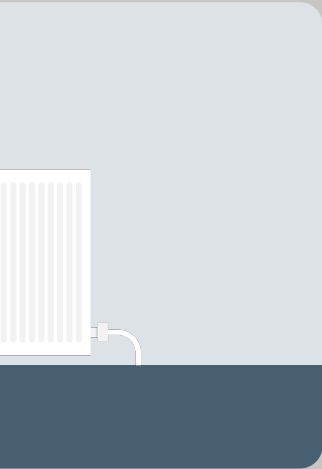
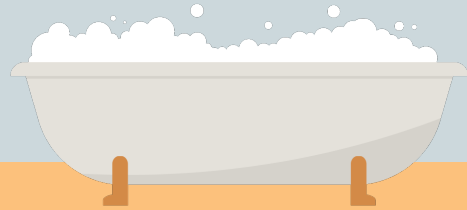
Cold appliances like Fridges and Freezers



14%



Water Heaters and hot water tanks



Cooking appliances like the hob, oven, kettle and microwaves

4%

Wet appliances such as washing machines, dishwashers and dryers

14%



# FINDING SUPPORT

Our hacks can help you save energy and money. However, we understand that they might not cover the full cost of rising energy prices, so please view the support available below.

## GOVERNMENT SUPPORT

Visit the UK Government website to find out if you're eligible for any financial support at: [www.gov.uk/check-benefits-financial-support](http://www.gov.uk/check-benefits-financial-support)



## CITIZENS ADVICE

For advice on everything from meter readings to finding out your supplier is going bust, find help at: [www.citizensadvice.org.uk/consumer/energy/energy-supply](http://www.citizensadvice.org.uk/consumer/energy/energy-supply)



## SAVE WATER SAVE MONEY

To find out if you are eligible to receive water saving devices, please visit: [www.savewatersavemoney.co.uk](http://www.savewatersavemoney.co.uk)



## GROUND WORK AND LEAP

See if you're eligible for free advice and support: at: [www.groundwork.org.uk/greendoctor](http://www.groundwork.org.uk/greendoctor) OR [applyforleap.org.uk/eligibility](http://applyforleap.org.uk/eligibility)



Axis provides some of the UK's largest housing associations and landlords with repairs, maintenance and improvements services. We are a values-led, family-run business and we understand that working sites are not just properties, but your homes. We aim to address climate change and deliver the wider benefits of cleaner energy on our journey to net zero.

The UK's carbon footprint contributes 455 million tonnes of CO2 into the atmosphere each year. Over 21% of that comes from the UK's energy consumption alone. Taking small steps towards reducing household energy consumption can make a big impact cutting the overall emissions released into the atmosphere as well as saving money.

All savings tips in this guide were from the following: Energy Saving Trust, Government website, Citizens Advice, EDF Energy, Which and the Money Saving Expert. Please see the references page to explore our sources.

# REFERENCES



The Energy Saving Trust:  
Warm Home Hacks Guide  
([energysavingtrust.org.uk](https://energysavingtrust.org.uk))



Money Saving Expert:  
Energy saving tips  
([moneysavingexpert.com](https://moneysavingexpert.com))



Money Saving Expert:  
Best energy deals  
([moneysavingexpert.com](https://moneysavingexpert.com))



Gov.uk: Lower your bills  
([helpforhouseholds.campaign.gov.uk](https://helpforhouseholds.campaign.gov.uk))



PlanetMark:  
Personal Energy Saving Guide  
([planetmark.com](https://planetmark.com))



Which?:  
Best Energy Company  
([which.co.uk/reviews](https://which.co.uk/reviews))



Citizens Advice:  
Switching energy supplier  
([citizensadvice.org.uk](https://citizensadvice.org.uk))



LEAP:  
Energy Efficiency Guides  
([applyforleap.org.uk](https://applyforleap.org.uk))



EDF Energy:  
Lower Energy Bills  
([edfenergy.com](https://edfenergy.com))



U-Switch:  
Tips for your home  
([uswitch.com](https://uswitch.com))



Hippo the Water Saver:  
Water saving device  
([hippo-the-watersaver.co.uk](https://hippo-the-watersaver.co.uk))



EDF Energy:  
Switching Energy Suppliers  
([edfenergy.com](https://edfenergy.com))



Currys:  
Eco-mode and how it works?  
([currys.co.uk](https://currys.co.uk))



Which?:  
Remove limescale from a kettle  
([which.co.uk/news](https://which.co.uk/news))



Comparethemarket:  
Appliances using most energy?  
([comparethemarket.com](https://comparethemarket.com))