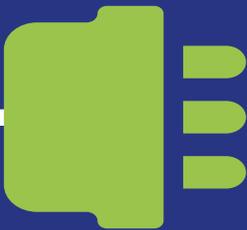


Reduce the cost of running your home



Top tips to keep a warmer, energy efficient home

Introduction

This leaflet contains some practical steps you can take to help reduce your household energy bills and ensure you have a warmer and more energy efficient home.

If you are worried about the costs of running your home or would like more energy advice, please contact South Lakes Housing on 0300 303 8540 to speak to one of our advisers, or alternatively, you can contact Cold to Cosy Homes on 01768 216500 or scan the QR code below.



More information and other energy saving tips can be found at:

www.energysavingtrust.org.uk

UNDERSTANDING YOUR ENERGY BILL

It's more important than ever to check your energy bills, not only to stay informed and in control, but also to ensure you're not paying too much for your energy.

ENERGY METERS

A prepayment meter demands that you to pay in advance for your energy whilst a credit meter charges for the energy you have used, usually on a monthly or quarterly basis. Either arrangement may suit your needs, however, prepayment meter charges are usually higher than the tariffs available for credit meters.

SETTING UP AN ONLINE ACCOUNT

Whilst it is also important to read the energy statements that are sent to you, if you are able to do so, setting up an online account will afford much easier access to information about your tariff and standing charges, a history of your energy usage; a history of your payments and existing payment arrangements, as well as a means by which both to report meter readings (if not on a

Smart Meter) and to communicate with your energy supplier.

YOUR ENERGY TARIFF

The energy tariff is how an energy provider charges you for your energy use. It is important therefore to review your tariff to ensure you are getting the best deal. This you can do on any comparison website, such as Uswitch.

ENERGY PRICE CAP

The Energy Price Cap only limits what you pay for each unit of gas and electricity that you use, plus it sets a maximum daily standing charge. It is important to remember therefore that your energy bill will reflect both the unit cost of your gas and electricity and your actual usage.

STANDING CHARGES

The standing charge is what you pay in addition to your energy usage to have your home connected to the grid. It is a fixed daily rate which can add significantly to your energy bill and which continues to be charged whilst you remain connected to the grid, irrespective of what energy you may be using.

METER READINGS

If you don't have a smart meter, it is important to submit your meter readings on a regular monthly basis to ensure the accuracy of both your bill and if you have one in place, your Direct Debit arrangement. Estimated bills can lead you to paying more than you need to towards your energy bills, sometimes building up large credit balances.

SMART METERS

Smart meters are a means by which your energy provider can obtain your meter readings remotely, thus ensuring the accuracy of your bills. They also provide a convenient way for you to monitor your energy usage and manage your energy account.

BECOME AWARE OF YOUR ENERGY USE

Take the time to become more conscious of your gas and electricity usage. Obvious things to be aware of include showers, washing machines and ovens, but try to be mindful of smaller power items like games consoles or phone chargers being left on when not in use as these also use energy.

If you have a smart meter, you can use this to understand your energy usage and make efficiencies.

For example:

What items can you turn off at the wall?

Could you reduce the temperature settings when washing or showering?

Could you reduce your time spent using appliances that use energy?

REDUCING YOUR HEATING COSTS

Keep radiators clear of washing as this will block heat from filling the room. Wet clothes on radiators will release moisture into the room.

Move furniture away from radiators to allow warm air to circulate.

Turn your boiler flow temperature down to no lower than 65 degrees.

Use draught excluders but be careful not to block vents as these allow moisture to escape.

Open curtains when its warm to let heat in and close curtains when its cold to stop warm air escaping and reduce condensation.

WHAT ARE THE HEAVIEST USERS OF POWER

Some household appliances use more energy than others, so knowing how best to use them can reduce your bills.

Washing machines, dishwashers and tumble driers:

Reduce water temperature when washing and use Eco modes where possible.

Bathing and showers:

Reduce the amount of water you use by taking showers instead of baths. Cutting down the amount of time spent in the shower will also save energy.

Fridges and freezers:

Get the smallest fridge and freezer that meets your needs. If your freezer is iced up, remove the ice to increase its performance.

Electronic devices:

Remember to turn off electronic devices such as TVs, phone chargers and games consoles at the wall. When getting new electronic devices, try to ensure they are as energy efficient as possible.

Lighting:

LED lightbulbs use less energy than standard lightbulbs, so choose these when bulbs need replacing. Remember to switch off lights in rooms not being used.

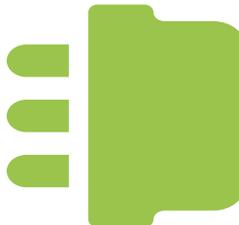
Cooking:

Use a microwave where possible as they are cheaper than ovens to heat.

When using the oven, consider cooking more than one meal at a time that can be warmed up in the microwave at a later date.

Just before your meal has finished cooking, try turning your oven down or off as the residual heat in the oven will continue cooking the food. Be sure to check your food is fully cooked before eating.

Only heat the water you need and use lids on pans when cooking.



Need help or have a question?

Call 0300 303 8540

Email customerservices@southlakeshousing.co.uk

Web www.southlakeshousing.co.uk

