



What you can do to help save energy

Almost half of the UK's carbon dioxide emissions come from energy we use every day - at home and when we travel. By saving energy we can all help prevent climate change.

Around 50% of heat lost from the average home is through the walls and loft.

Things you can do today



Use the shower instead of the bath. It uses about $\frac{2}{3}$ less water and energy.



Turn your thermostat down. Reducing your room temperature by 1°C could cut your heating bills by up to 10%.



Is your water too hot? Your cylinder thermostat shouldn't need to be set higher than 60°C/140°F.



Close your curtains at dusk to stop heat escaping through the windows.



Always turn off the lights when you leave a room.



Don't leave appliances on standby and remember not to leave appliances on charge unnecessarily.



If you're not filling up the washing machine, tumble dryer or dishwasher, use the half-load or economy programme and washing at 30°C can use around 40% less energy than washing at higher temperatures.



Only boil as much water as you need (but remember to cover the elements if you're using an electric kettle).



A dripping hot water tap wastes energy and in one week wastes enough hot water to fill half a bath, so fix leaking taps and make sure they're fully turned off!

Changes and savings you can make

Improvement	Savings on your Bills per year	Saving to the Environment per year
Use 1 energy saving light bulb	£9	40kg CO ²
Fill gaps around skirting and floors	£10 - £20	120kg CO ²
Insulating jacket around hot water tank	£10 - £20	150kg CO ²
Draught proofing doors and windows	£20	40kg CO ²
Upgrade your fridge/freezer to energy saving recommended	£45	180kg CO ²
Double glazing windows	£80- £100	680kg CO ²
Cavity wall insulation	£130 - £160	1 tonne CO ²
Insulate your loft	£180 - £220	½ tonne CO ²
Upgrade to a condensing boiler	50% of heating bill	1 tonne CO ²

Information from the Energy Savings Trust

Where you can get more information

The Energy Saving Trust

This is a non-profit organisation, funded both by government and the private sector set up to address the damaging effects of climate change. You can telephone them on 0800 512 012 or visit their web site at www.energysavingtrust.org.uk. You can:

- Search for grants and offers available in your area
- Search for energy saving recommended products
- Search for recommended retailers
- Find out more about home improvements you can made to save energy
- Find out more about renewable energy e.g. solar and wind
- Find out more about climate change

The National Energy Foundation

The foundation is an independent educational charity who's objective is to work for the more efficient, innovative, and safe use of energy and to increase the public awareness of energy in all its aspects. You can telephone them on 01908 665 555 or visit their web site at www.nef.org.uk. You can:

- Find more detailed information on energy saving ideas
- Dispel some urban myths
- Locate sources of sustainable wood fuel and wood pellets

Other web sites

www.energysavingadvice.co.uk

www.carbontrust.co.uk