

Great no-cost or Low cost energy saving tips for you to try at home

Turn off appliances on standby - but check the instructions on any appliances you aren't sure about: some satellite and digital TV recorders may need to be left plugged in so they can keep track of any programmes you want to record (£45-£80 a year)

Turn lights out when you leave a room

Remember to **unplug chargers** when you've finished charging!

Set your washing machine to wash at 30°C (£6 a year)

Use a bowl to wash up rather than leaving the hot tap running (£30 a year)

Don't fill your kettle up every time, only boil the amount of water you need (£7 a year)

Turn down your room thermostat by just one degree, if it's too warm inside, (£75 per year)

Feeling cold? Put on a jumper & slippers instead of the heating

Close curtains and blinds at dusk—and tuck them behind radiators to save heat (and open them in daylight to save turning the light on!)

Fix dripping taps (£18 a year per tap)

Tackle draughts:—doors and windows, gaps in skirting, holes on floors, open chimneys all contribute to heat loss. (£20 -£30 a year)

Update your heating controls - new controllers mean you can set your heating and hot water to come on and off when you need them, at different times on different days, and in just the areas of your home you want, at the temperature you want (£70 - £150 per year)

Check your loft insulation—there should be at least 270mm (ten inches) of Rockwool or equivalent (topping up could save £15 per year)

Consider switching your halogen bulbs to LEDs

See www.energysavingtrust.org.uk for more ideas