

We can literally talk all day about energy efficiency. While every home is unique, and not every Top Tip is relevant to everybody, we're pleased to present some of the main ways that lots of people can take better control over their home energy use, to ensure they're able to cut down on energy waste, while also keep feeling warm and well in their home through Winter.

NO COST TOP TIPS

Even if we live in the most energy efficient

behaving in the most energy efficient way we can, otherwise bad habits like leaving lights on, and overfilling kettles, can cause our energy bills to be higher than they need to be. Here are some good habits to adopt.

1) Use all your heating controls

set higher than 60°
turned down (but not off) in rooms you rarely use, and your programmer/timer is set to

asleep, or out of the house.

2) Room thermostats are key

Worthy of their own Top Tip, your room thermostat should be set between 18-21°C, unless somebody in the property is particularly vulnerable to the cold, in which case 21-23°C is best. Any higher is a waste of money.

3) Don't block radiators in

against the radiators, robbing the room of their

heating will just vanish out of the window.

4) Radiators feeling cool?

If your radiators feel warmer at the bottom than the top, they may have air trapped inside.

their best to keep you warm.

5) Close the doors

Thermostatic radiator valves cut the heat once they feel the room has achieved the warmth

internal doors open, all the radiators are trying to heat all of the house. Keep the doors shut, and let each one focus on

6) Dress for the weather

They may not be glamorous, but dressing gowns and fluffy slippers are a great way to keep feeling warm without paying the price of cranking up the thermostat.

7) Snuggle on the sofa

Throws (heated or otherwise) or blankets can watching TV, knitting, or indulging in any other

8) Energy efficient cooking

A family-sized fan oven is designed to be filled with baking trays and roasting dishes, for

use an air-fryer, or microwave

9) Save water, save money

Use washing up bowls, and reduce your shower paying to heat simply going down the drain.

10) Laundry tips

always wash as cool as your detergent allows, to dry your clothes away from the tumble dryer, and also off the radiators.

11) Don't overfill the kettle

the kettle to make 1 cup of tea.

12) "It's like Blackpool lights in here"

Switch off lights as you leave the room.

LOW-COST TOP TIPS

Now worth considering ways you can invest to save even more on your energy bills.

The following items are what we tend to call

- Are cheap to purchase
- Can be installed on a DIY basis
- Pay for themselves through reduced energy bills

1) LED Light Bulbs

LED bulbs use around 10% of the energy required by the old, tungsten filament bulbs, or halogen bulbs. So swapping all your old bulbs can knock 90% off your annual lighting bill, for the next 10 years.

Annual Saving = £13.85 per bulb

2) Under-door draught excluders

When your ankles start feeling cold, and you might be tempted to turn up the thermostat. Sliding one of these under your living room door will keep you feeling warmer for less.

Annual Saving = £9 per door

3) Letterbox draught-proofing

You might not think it, but your letterbox can draw a lot of warmth out of your home, and bring in lots of draughts. A simple solution helps plug that gap.

Annual Saving = £9

4) Door/Window frame draught-proofing

If you have wooden framed doors and windows, draught-proof strips can help keep heat in and draughts out. Some strips need to be nailed into place, while others just peel off a sticky roll.

Annual Saving = £9 per door/window

5) Chimney balloons

If you have an open fireplace you never use, we recommend you block it off permanently. But if you do want to use your fireplace, you can inflate one of these balloons in the

want to light the fire, simply twist the valve to deflate the balloon, and reinflate it once

Annual Saving = £65

6) Standby Savers

Modern home entertainment systems are incredibly energy efficient. An LED TV only uses 0.5 watts per hour in standby mode. This means if you left it on standby for an entire year, it would only cost you about £1

However, if you want to ensure nothing is left on standby, you can use one of these devices, which lets you switch the TV off with your remote control, and it then cuts the power at the wall. You can then switch the power back on with your remote control.

Annual Saving = £2.30

7) Hot water cylinder jackets

If you have insulated, these jackets help keep the heat

need to keep topping up the temperature.

Annual Saving = £40

8) Radiator reflector panels

If you have radiators affixed to external walls

to heat up the air outside your home. By sliding one of these panels behind the radiator, you push more of the heat back into the room.

Annual Saving = £25 per house

You can find many of these items in hardware stores, or some budget stores.