

Top 10 tips for saving energy in the home

- 1 Turn your boiler flow temperature to 55–60°C for maximum efficiency.
- 2 Turn your thermostat down just 1°C – you could cut 10% off your heating bill.
- 3 Install a CO alarm to protect against carbon monoxide in your home.
- 4 Get a free smart meter to see in real time what you're using and how much it's costing.
- 5 Wash laundry at 30–40°C and a full load whenever possible.
- 6 Block external draughts – remember keyholes and letterboxes.
- 7 Use thermal curtains; close them at night and open in the day to let in the sun.
- 8 Ventilate to prevent damp: put lids on pans, dry laundry near an open window if it can't go outside.
- 9 Slow cookers, air fryers and microwaves are cheaper to run than an oven.
- 10 Turn electrical items off when not using – don't forget game consoles and chargers.

Free home visits are available with our friendly community-based energy advisers who can help whether you're struggling to pay bills or need energy saving advice.

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