

Northamptonshire Energy Saving Service

Useful energy saving advice booklet

Advice on managing your energy bills



Northamptonshire
County Council



community law service
northampton & county



NORTHAMPTON
BOROUGH COUNCIL

WE'RE OFFERING ALL NORTHAMPTONSHIRE RESIDENTS A FREE HOME ENERGY SERVICE – SAVE MONEY ON BILLS AND RECEIVE THE MONEY YOU'RE ENTITLED TO

This booklet explains how you can save money by reducing the amount of energy you use. At the same time, you can make your home warmer by following our simple energy efficiency tips.

You may be entitled to a free grant to help you insulate your home (See details at the end of this leaflet).

We can offer a full benefit check and independent help and advice on claiming additional income.

IDEAS THAT WILL NOT COST A PENNY

The following easy-to-follow tips will help you to save energy, at no cost:

Curtains

- Draw curtains at dusk to keep heat in the room
- Don't drape curtains over heaters or radiators as this will funnel heat straight out of the windows

Heating

- Do not put heaters under windows or cover them with curtains, as this wastes heat and may be unsafe
- Avoid opening doors and windows to cool a room that is too hot. Turn the heating down instead.
- If you turn the thermostat down by just 1°C, you'll save up to 10% off your heating bill
- You can save even more money by heating your home for an hour less each day. But take care not to turn heating down too much: don't risk the health of sick, young or elderly people.



Water heating

- Remember not to set the thermostat too high on your water heater. 60°C/140°F is usually enough
- Use a shower if you have one and you'll save time, money and water. Bear in mind that power showers may use more water than other types of shower.

TV and stereo

- Don't leave your television and other appliances on standby or on charge unnecessarily

Fridges and freezers

- Defrost fridges and freezers regularly to keep them running efficiently
- Don't put hot or warm food straight into the fridge – let it cool down first
- Where possible, position your fridge or freezer away from your oven
- Always close your fridge or freezer door as quickly as possible

Lighting

- Switch off lights when a room is not in use
- Replace your traditional light bulbs with low energy alternatives. They use around 80% less energy and last 10 times longer.

Computers

- Screen savers only protect the life of the monitor. Unless the screen saver switches off the monitor, it will not save energy. So remember to switch computers off when not in use.

Dishwashers

- Use the low temperature or economy programme unless you have very dirty dishes
- Where possible, wait until you have a full load before using your dishwasher

Cooking

- Use a toaster rather than the grill to make toast
- Use the right size pan for the food and hob ring
- Keep saucepan lids on and turn down the heat

ENERGY SAVING IDEAS THAT WILL COST A LITTLE

- Don't use more water than you need
- Use a kettle to boil water for cooking
- Only boil as much water as you need – but remember to cover the element if you're using an electric kettle

Home Laundry

- Try to wait until you have a full load before you use your washing machine
- Turn your washing machine down to 30°C and try to avoid running half loads
- Alternatively, use the half-load or economy programme if your machine has one
- Tumble driers are one of the most power hungry appliances in your house – consider hanging clothes outside on a nice day or indoors if possible
- Plan your ironing so that clothes which need lower temperatures are ironed first

Energy saving home improvements will reduce your heating bills and if you own your home its value could increase. These ideas could cost you a little bit of money but will save you a significant amount off your energy bills.

The payback time can be quick and you could even receive help to pay for it through government grants. Below are a few of the things you could do:

Heating

- Fit reflective foil behind your radiators (with the shiny side facing the radiator). This helps keep the heat indoors.

Lighting

- Use energy saving light bulbs

Water

- If you have a dripping tap, make sure it is repaired quickly: in just one week, a dripping tap can waste enough hot water to fill a bath

Insulation

- Fit a lagging jacket to your hot water tank and insulate your hot water pipes
- Remember to buy an approved British Standard lagging jacket
- Put draught strips around windows and external doors, and fit a flap across the letterbox

Heating

- Thermostatic radiator valves let you control the temperature of each room separately and can reduce your heating bills. To allow water to flow through the central heating system, you'll need to leave at least one radiator valve open at all times.

- If your property is heated by fire, convector or fan heaters then think about changing to storage heating or gas central heating. This could improve your comfort at a lower cost – particularly if your home is well insulated.
- If your boiler is over 15 years old or unreliable, replace it with one that is modern, energy efficient and correctly sized. Condensing boilers are the most efficient, with an average seasonal efficiency of up to 90%, which can cut your fuel bill by up to a third.

Loft insulation

- Insulate the roof space with 270mm thick glass fibre or mineral wool. You will need professional advice for flat roofs and loft conversions.

If you are aged 70 or over, or receive an income or disability-related benefit you may be eligible for a grant to cover the full cost of the work.

Cavity wall insulation

- Insulation can be put into cavity walls, but this work should always be carried out by a qualified installer. If you live in rented accommodation, you should get your landlord's permission before you start the work.

If you are aged 70 or over, or receive an income or disability-related benefit you may be eligible for a grant to cover the full cost of the work.



GET FREE INDEPENDENT ADVICE TODAY

- Help comparing rates of energy suppliers
- Energy efficient advice
- Advice on financial entitlements including grants and regular income
- Free energy saving devices

call **01604 623708** or email
energyadvice@communitylawservice.org.uk

OBTAINING GRANTS FOR ENERGY SAVING IMPROVEMENTS

Energy Company Obligation (ECO)

The Government has recently introduced a new Energy Company Obligation, aimed at saving carbon and at getting efficient boilers and insulation into the homes of vulnerable people across Great Britain. Part of this new scheme is specifically targeted at low income households to help them keep warm and save money on energy bills. Householders who think they may be eligible for help can contact the Energy Saving Advice Service (ESAS) on 0300 123 1234 for advice. ECO is expected to provide support to around 230,000 low income and vulnerable households each year, worth £540million per year.

The Green Deal

The Green deal is a Government scheme. Since October 2012, you can get energy saving improvements to your home at no upfront cost and pay for the improvements through your bills.

ARE YOU GETTING ALL THE INCOME YOU ARE ENTITLED TO?

By maximising your income, you will obviously have more money to help with your bills. Our independent specialist advisors can offer you comprehensive advice to ensure you receive all the money you are entitled to. This can also include help to claim your entitlements.

Disability Benefits

If you have an illness or disability which affects your ability to look after yourself, or creates mobility problems, you may be able to claim extra money. These benefits are not based on your income or savings.

Means Tested Benefits

It is advisable to have a review of your income to check if you qualify for any other benefits. There may be money you are entitled to which you do not know about.

Northamptonshire
Energy Saving
Service

Useful energy saving advice booklet

Keeping you healthy.. and saving you money

