

The easy way to stop wasting energy and money

*Top tips to help you save money
on your energy bills!*



If you are looking for easy ways to stop wasting energy and money then you've come to the right place.

For personal advice you can contact the Council direct by calling or emailing the **Private Housing Improvement Team**. They can provide energy efficiency information and advice on interest free loans and grants that may be available and have fluent Sylheti and Bengali advisors if required.

**Call 020 7364 2521 or email
energy.services@towerhamlets.gov.uk**

You may also like to contact the **Energy Saving Trust** which is a non-profit organisation that provides free and impartial advice on how to stop wasting energy.

**Visit www.energysavingtrust.org.uk or call
0800 512 012**

As a general rule, when you stop wasting energy, you save money. You can also cut down on your carbon dioxide (CO₂) emissions. So why not reap the rewards of a little energy economy, and help fight climate change too?

Over 40% of the UK's man-made CO₂ emissions come from things we do every day, like heating and powering our homes or driving to the shops.

But you don't have to sacrifice your everyday comforts, turn off all the heating and live by candlelight to stop wasting energy. This booklet will show you how easy it is to be kinder to the environment and to your bank balance. Simply give a little more thought to how you heat and power your home and watch the money savings mount up. If we all stop wasting energy, we can help fight climate change and stop wasting around £300 every year!

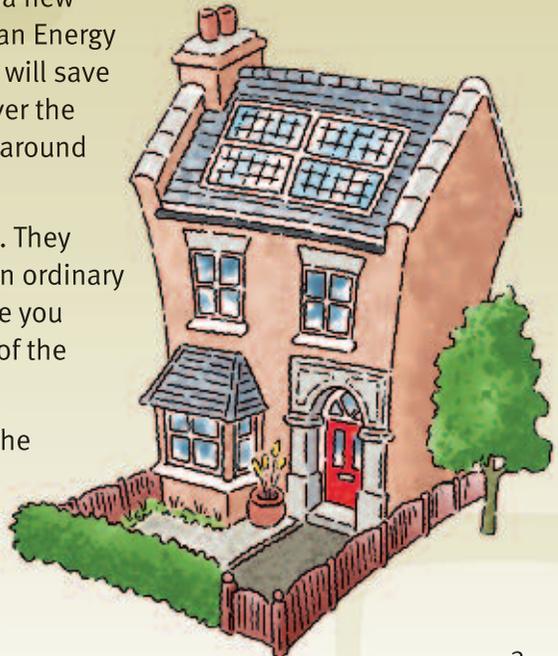


energy saving trust[®]



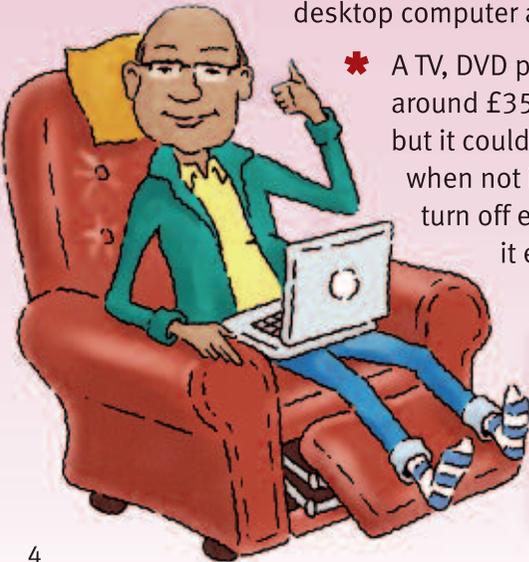
Top tips

- * Contrary to popular belief, it's much more energy efficient to switch the heating on when you need it and off when you don't than have it on low all the time. So remember to switch it off, even if you are only going out for a few hours.
- * Set your thermostat to the lowest comfortable temperature – usually between 18 and 21°C. Lowering your thermostat by just 1°C could save you around £50 a year.
- * When buying new appliances look out for the Energy Saving Recommended logo. All Energy Saving Recommended appliances are guaranteed to be among the most energy-efficient available on the market – saving energy and reducing running costs.
- * If you are planning on buying a new fridge for example, choosing an Energy Saving Recommended model will save around £50 on energy bills over the lifetime of the appliance and around 266kg of CO₂.
- * Use energy saving light bulbs. They last up to 10 times longer than ordinary bulbs, and using one can save you around £45 over the lifetime of the bulb.
- * Switch electrical items off at the plug when not in use.



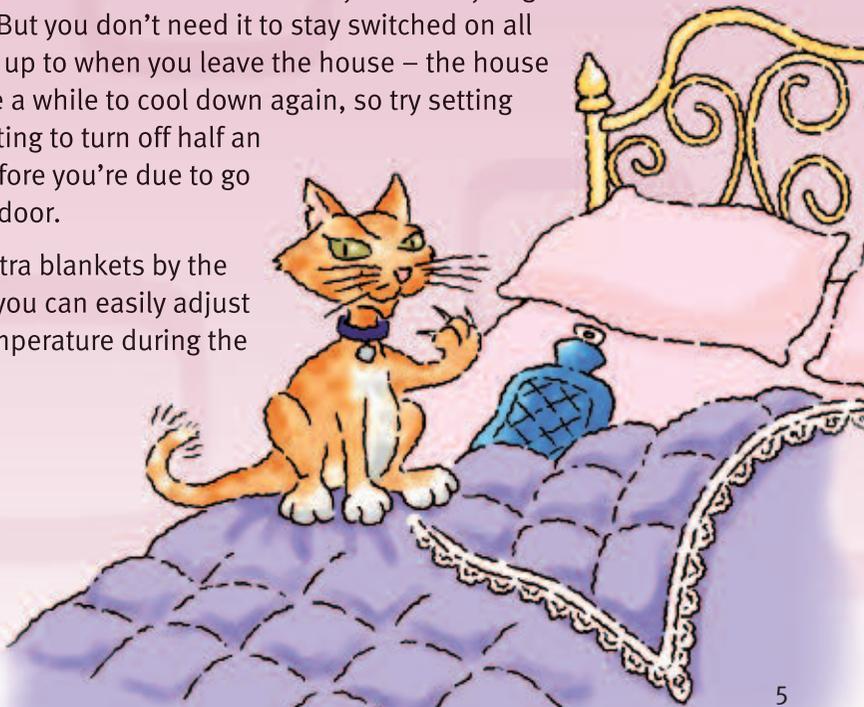
Stop wasting money in the living room

- * Draw the curtains at dusk to keep the heat in.
- * Don't leave things on standby – this could save around £40 per year on energy bills.
- * Close internal doors to keep the heat in the rooms you are in and turn radiators off in unused rooms.
- * Consider putting on an extra layer of clothing before turning up the heating.
- * Remember that the energy consumption of your TV is strongly linked to the screen-size. If you are thinking about buying a new TV think carefully about how big a screen you actually need. Smaller TVs are generally cheaper to run.
- * If you have a separate set-top box, or digital recorder, put your television on a different socket so that you can turn the TV off at the mains without disrupting any series link recordings.
- * If you are thinking about buying a new computer, a new laptop typically uses around 85% less energy than a new desktop computer and takes up less room too.
- * A TV, DVD player and games console will cost around £35 to run over the course of a year – but it could be far higher if they are left on when not in use. Encourage your children to turn off equipment at the socket by making it easy to get to the switch.



Stop wasting money in the bedroom

- * Use the right tog duvet for the weather (low tog in summer and high tog in winter) to avoid having to use the heating (or air conditioning) unnecessarily.
- * Towel dry your hair thoroughly to cut down the time you'll have to use your hairdryer for.
- * Use a hot water bottle to warm the bed up, rather than an electric blanket.
- * Don't leave your mobile phone on charge all night – it only needs a couple of hours.
- * During winter, set the heating to switch off a short while before you go to bed – that way it'll still be nice and warm as you get ready for bed but the heating won't stay on unnecessarily once you're tucked up.
- * Likewise, set it to switch on just long enough before you wake up for the house to be warm by the time you get out of bed. But you don't need it to stay switched on all the way up to when you leave the house – the house will take a while to cool down again, so try setting the heating to turn off half an hour before you're due to go out the door.
- * Keep extra blankets by the bed so you can easily adjust your temperature during the night.

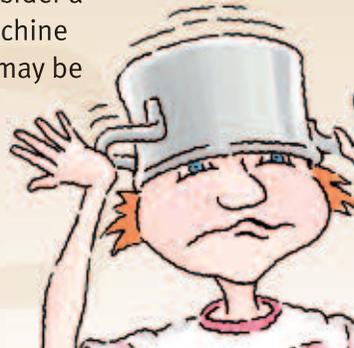


Stop wasting money in the kitchen

- * Always use the right sized pan for the job and the right sized hob ring for each pan.
- * Defrost food in the fridge overnight rather than microwaving it.
- * Keep the oven door shut as much as possible; make sure the glass door is clean so you can see what's going on. Every time you open the door you lose heat.
- * Keep lids on pans as much as you can, to reduce heat loss – turn the heat down when it reaches the boil.
- * Ensure warm foods cool down before placing them in the fridge.
- * Cutting food into smaller pieces often speeds up the cooking time.
- * Covering food with a microwave-safe lid or pierced cling film will hold moisture and speed up cooking times in the microwave.



- * Only boil the water you need in your kettle, and de-scale it from time to time.
- * Make sure air can circulate around the back of your fridge and freezer.
- * If you are considering buying a dishwasher, choose a machine that is correctly sized for your needs – if you have a small household, consider a slimline or compact machine whereas a large family may be better suited to a full-sized washer.
- * Use the eco setting wherever possible.



Stop wasting money in the hallway

- * Fit draft excluders around the front door and over the letter box and key holes.
- * Putting a curtain over the front door helps keep the draughts out.
- * Don't leave the front door open more than necessary.

Stop wasting money doing the washing

- * Washing clothes at 30° rather than at higher temperatures uses around 40% less energy.
- * Wait until you have a full load before putting on a wash – two half-loads use more energy than a single full load.
- * Improve the quality of the washing and drying by performing the regular maintenance suggested in the manual, such as cleaning out the dispenser drawer and lint filter.
- * Choose a wash cycle with a higher final spin speed so that more water is removed from the clothes during spinning and they need less time to dry. Spinning clothes does not consume much energy.
- * If possible, save on your energy bills by line-drying clothes whenever possible.

30°



Keep the heat in!

Let's face it, insulation is not the most exciting topic but in an un-insulated home a third of heat is lost through the walls and another quarter through the roof so investing in it can have a real positive impact on your heating bills.

- * Draught proof your windows and doors and save around £25 a year.
- * Cavity walls – Absolutely everyone is eligible for help with the cost of cavity wall insulation if you own your home. If your walls are at least 265mm thick (measure this at your front door or window) then you are likely to have cavity walls, if you aren't sure call the Energy Saving Trust and they can help you arrange a free survey from a local installer. This could save you around £115.
- * Solid walls – If your external walls are solid you can insulate them on the outside and the inside using boards or battens filled with insulation. This could save you around £400.
- * Lofts – Install or top-up to 270mm of insulation in your loft and if you don't have any already you will save around £150 a year.
- * Insulate your hot water tank with a lagging jacket and your hot water pipes to save around £45 a year.

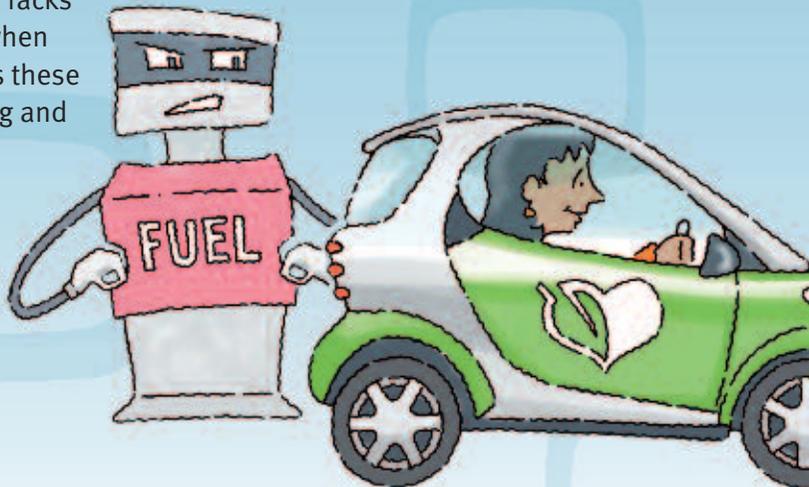


Driving down your fuel costs

With fuel prices at record levels it is worth thinking about how you travel. The best way to save is to leave the car at home for shorter journeys, cycling or walking will also help you stay fit. You can also consider public transport or car sharing. For help with planning journeys or directions, visit the Transport Direct website transportdirect.info

If you do choose to drive, get more miles for your money by following these tips:

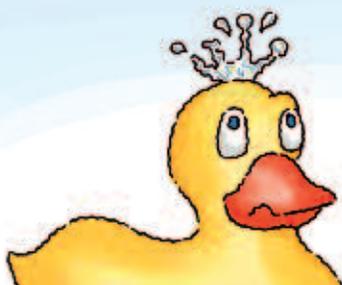
- * Plan your journey to avoid congestion, road works and getting lost.
- * Share journeys whenever possible.
- * Avoid harsh braking and acceleration – this increases fuel consumption.
- * Check your revs: when accelerating change up a gear at 2,000 to 2,500 rpm.
- * Maintain the correct tyre pressure – you use more fuel if tyres are under-inflated.
- * Only use the air-conditioning when you really need it.
- * Remove roof racks and boxes when not in use as these increase drag and reduce fuel efficiency.



Water matters

To supply water to our houses water companies have to use energy. We use even more energy to heat that water and it accounts for around 30% of an average household's gas bill that's around £200 a year. Here are a few top tips to help you save those precious drops:

- * Every minute you cut off your daily shower could save you between £5 and £10 off your energy bills over a year.
- * Fix leaky taps as soon as possible to stop money going down the drain.
- * Why use hot when cold will do? Rinse plates and wash vegetables in cold water.
- * If possible, fit a water butt to collect rainwater from your roof and use it to water your plants and wash your car.
- * Wash you car with a bucket and sponge to save 90% of the water you would use with a hosepipe. It's good exercise too!

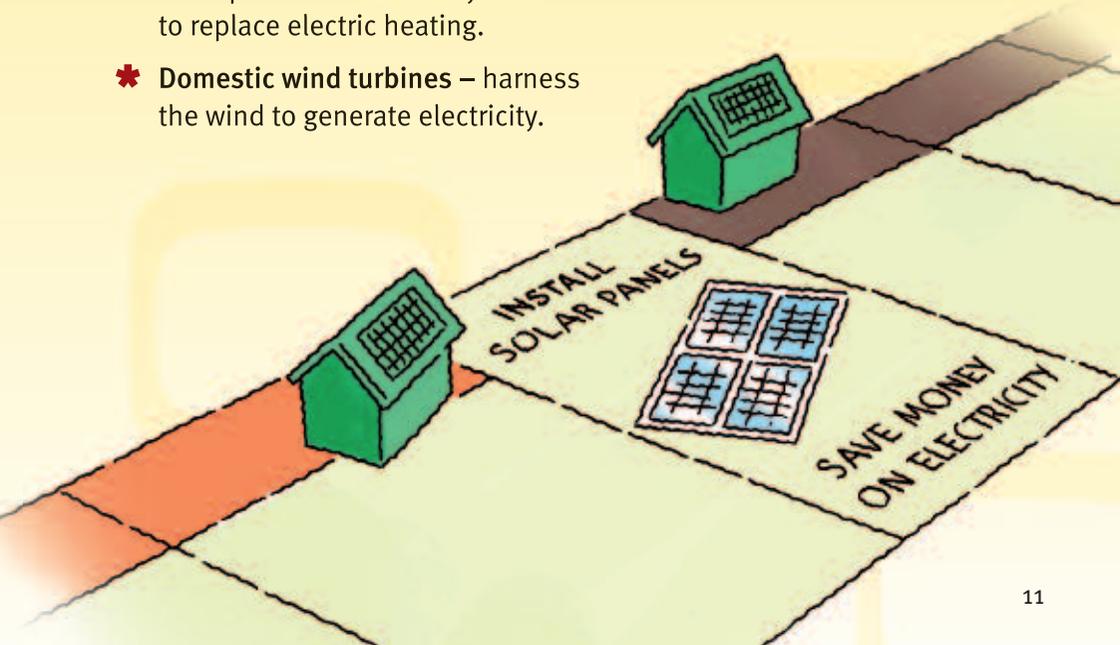


Generate your own energy

Generating energy from renewable sources can help reduce our dependence on non-renewable sources like fossil fuels, which take millions of years to replenish. They also produce much less CO₂ than conventional methods.

It is important to do your research when deciding what renewable technology is best for you and your home. You should talk to someone at the Council or at the Energy Saving Trust to find out if the technology is suitable, they will also be able to tell you if there are any grants, loans or tariff incentives available.

- * **Solar water heating** – solar collectors are fitted to your roof to absorb heat from the sun. They could provide up to a third of your hot water every year.
- * **Solar Photovoltaics** – these panels will turn the sun's energy into electricity for use in your home or distributed to the Grid.
- * **Heat pumps** – absorb heat from the ground, air or water to help heat hot water in your home. These are best used to replace electric heating.
- * **Domestic wind turbines** – harness the wind to generate electricity.



Contacts

For information on energy efficiency and grants available from Tower Hamlets Council please contact the Private Homes Improvement Team:

Tel: 020 7364 2521

Email: energy.services@towerhamlets.gov.uk

Open: Monday to Friday 9am to 5pm

For general information and advice on saving money through energy efficiency please contact the Energy Saving Trust by phone or through their website:

www.energysavingtrust.org.uk

Telephone: 0800 512 012

**Monday - Friday
9.00am - 5.00pm**



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English

For free translation phone

Somali

Turjubaan lacag la'aan ah ka soo wac telefoonka.

Bengali/Sylheti

বিনাখরচে অনুবাদের জন্য টেলিফোন করুন

Chinese

欲索取免費譯本，請致電。

**Translations also available in audio, large print or braille,
phone 0800 952 0119**

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