

Save Energy AND Money!

...in 4 easy steps!

Step 1:

Know how much energy you are using

Step 2:

Be a real 'turn off'! - Quit wasting energy

Step 3:

Reduce your use

Step 4:

Prevent energy loss

1. Know how much energy you are using.

Understanding how much energy you use and how much an appliance uses can be a big eye-opener and help you to reduce your usage.

- Record your electricity and gas meters at the same time each week/month to see how much you've used and monitor savings (we use Congleton Sustainability Group's Weekly Watt Watch form).
OR
- Use a monitor which shows how much electricity your house is using, which costs £30 - £40; or a meter to monitor a single device costs around £12.

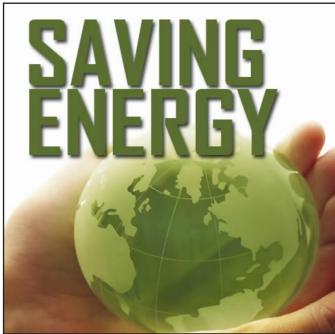
*You can save
10% of
energy use*

Extra tip: Go to www.energysavingtrust.org.uk and complete their Home Energy Check for a personalised report of potential savings for your home.

2. Be a real 'turn off'! - Quit wasting energy

We waste lots of energy simply by leaving lights on and appliances on standby. Switch things off. It really is that simple!

- When using a kettle, only boil the water you need.
- Turn off lights when leaving a room.
- Many devices use current when on standby. Turn them off at the socket, eg TVs, (but not internet routers where their performance may be affected).
- Don't recharge mobile phones overnight. If they only take an hour or so to charge, they may waste energy.



*Save
energy
and
money*

3: Reduce your use

Small changes can reduce our energy use and make big savings!

We often use energy unnecessarily. Making small changes can save lots of energy and money.

See the light

Energy saving light bulbs are more expensive to buy but save energy and last up to 10 times longer than filament ones.

Fitting just one compact fluorescent bulb can save you about £3-£6 a year.

An LED is even more efficient, lasts even longer and gives full brightness instantly.

*Saves £3-6 per
bulb per year!
Lasts up to 10
times longer!*

Turn it down

- Turning your heating down by one degree centigrade could save £75 per year - or even more!
- Turn your thermostat down until you find the lowest setting at which you're warm enough - and put on a jumper.
- Set the heating to come on 20 minutes before you wake up (or return home) and turn off 15 minutes before you leave.
- Turn your heating off at night - you'll sleep better.
- Keep furniture away from radiators and use radiator thermostatic valves to keep different rooms at different temperatures.



Washing clothes

Save on water usage and water heating costs.

- Use a full load in your washing machine, or the use half load setting.
- Wash on a lower temperature. Most washing products work well at just 30 degrees.
- In the summer, dry clothes outside. The tumble dryer just eats money!

You could
save up to
£75 per
year!

Buying a new
washing
machine?
Buy an energy
efficient model



Showers

- Take a shower rather than a bath. Many showers use a third of the water that baths use.
- Avoid power showers if you can – they use as much water as a bath
- Have a hot water cylinder thermostat and set it to 60 degrees centigrade and have your water heated on a timer.

Take a shower instead of a bath.

4. Prevent energy loss

Improve insulation around the house to prevent heat loss and save money.

- Lag your hot water cylinder and pipes to reduce heat loss by up to 75% and save about £50 a year.
- Loft insulation (of 27cm thick minimum) could save up to £150 - £250 per year. You may be eligible for a grant for this – see www.energysavingtrust.org.uk.
- Draught proofing around doors, windows, loft hatches and pipes could save you about £30 a year, and make your home more comfortable.
- Cavity wall insulation could save £100 - £200 per year, and can often be provided free for over 70s.
- Close doors in rooms not in use, to avoid wasting heat.
- Find out more at the Energy Saving Trust website, or contact Congleton Sustainability Group for more information - at www.congletonpartnership.co.uk

Save up to £500 per year!

**Designed by Jayne Booth (formerly of Congleton High School)
for Congleton Sustainability Group**