



## YOUR HOME ENERGY GUIDE

**How to save money on energy bills**  
[www.goodneighbours.org.uk](http://www.goodneighbours.org.uk)



# YOUR HOME ENERGY GUIDE

## Table of contents

- P3 Welcome
- P4 Home & Well
- P5 Around the home
- P6 In the bathroom
- P7/8 In the kitchen
- P9 Laundry savings
- P10 Lights
- P11 Heating
- P12 Carbon Monoxide
- P13 Some helpful links



# Welcome

## To the GNN positive energy guide

People and the planet can benefit from some simple tips which will help you save money, improve your well-being and cut carbon emissions - all at the same time.



NHS advice suggests that when the weather drops below 8°C (46°F), some vulnerable people are at increased risk of physical and mental health conditions; such as heart attack, stroke, pneumonia and depression. There is substantial evidence of the detrimental impact of fuel poverty on the physical and mental health of residents.

## Help & Advice

This guide gives you some useful help and advice on things you can do to make sure you're getting the best energy deal for you.





Home & Well is a collaboration between the Good Neighbours Network (GNN), Citizen Advice Hampshire and Southern Gas Network (SGN), set up to offer advice and guidance around good energy.

GNN is all about People Helping People and is a powerful volunteer led network that supports and enables around 4,000 volunteers to provide acts of kindness and create positive energy for their local communities.

The Network is underpinned by a small professional team who deliver valuable resources, DBS checks, safe-guarding advice and offer free insurance to the 123+ GNN autonomous volunteer groups.

We welcome this partnership opportunity to offer some well-thought through energy advice and with the creation of energy champions (aka 'power-rangers') we aim to provide easy to use resources and workshops that help explain how to make simple changes and how to understand better energy efficiency and safety.

We will also be able to provide additional sign-posting for more complex queries to local Citizen's Advice centres and offer guidance on what funding is available for people at risk.



# Around the home



- 1. Smart Meters** - Get a smart meter so you can measure and understand your energy use, this will help you work out where to start saving energy and money – it also helps you keep up to date with the cost of your bill.
- 2. Heating** - Heat your home to a temperature that is comfortable, this should be at least 18 degrees in the rooms you regularly use.
- 3. Appliances** - Do turn off appliances at the plug instead of leaving them on standby, in an average home this can save approx. £55 a year.
- 4. Draughts** - Hunt out any draughts in your home and block them with excluder's to help keep your home warmer.
- 5. Radiator reflectors** - Fit radiator reflector panels behind the radiators and a shelf above them – this will redirect heat back into the room – try not to have furniture in front of radiators so they can work more efficiently.
- 6. Radiator bleeding** - Bleeding your radiators will make your heating system more efficient, which makes your home warmer and can save you money.
- 7. Bedroom windows** - Keep bedroom windows closed at night.
- 8. Gas Safe registered** - Check that heating and cooking appliances are safe – contact a Gas Safe registered engineer to make sure they are working properly.

[www.gassaferegister.co.uk](http://www.gassaferegister.co.uk)

# In the bathroom



- 1. Plumbing insulation** - Insulate your hot water cylinder and pipes and save at least £45 each year.
- 2. Install water saving items** - A water-saving shower head will reduce energy usage and water and could save up to £80 a year on your energy bills.
- 3. Fix any drips and leaks** - They cost you money!
- 4. Shorter showers** - Take just a four minute shower and save about £70 a year on your energy bills and reduce your water consumption.
- 5. Washing** - Lather up without the shower on and then simply turn it back on to rinse.
- 6. Clean your teeth with the tap off** - If you clean your teeth the recommended twice a day – this means you will save approx. 9,760 litres of water each year, that's almost a tonne of water.
- 7. Try shaving with the tap off** - Both of these simple habits will reduce your water usage by about 8 litres per minute.



# In the kitchen



- 1. Appliances** - Microwaves, air fryers, steamers and slow cookers will all use less energy than the oven to cook food.
- 2. Oven doors** - If using the oven, try to make maximum use of the space and heat, minimise opening the door – opening the door loses 25 degrees of heat, that then takes more energy to heat up to temperature again. If you turn off the oven approx. ten minutes before the food is ready but keep the door closed, the oven will retain the heat and cook the food without using any energy.
- 3. Dishes** - Try to use glass or ceramic dishes as they retain heat better than metal ones, so are more efficient.
- 4. Lids** - Use a lid to heat in the pan and speed up cooking.
- 5. Hobs** - Clean your hob rings and oven regularly to maintain their efficiency, both get hotter faster when they are clean.
- 6. Fridges** - Don't be tempted to set your fridge too cold, ideally it should be 5 degrees and your freezer to -18 degrees.







- 7. Freezers** - Defrost your freezer regularly and clean behind the fridge and freezer to keep them energy efficient, ensure door seals are in good repair to avoid warm air getting in.
- 8. Defrosting** - Defrost frozen food in the fridge or on the worktop to halve cooking times and reduce the energy required to cook.
- 9. Washing up** - When washing up by hand, use a washing up bowl, which will save approx. £30 a year and also reduce your water usage.
- 10. Dishwashers** - Do full loads in the dishwasher and use the eco mode or a lower temperature to reduce both energy and water usage.



# Laundry Savings



1. **Use full loads** - Try to wait until you have a full load before using the washing machine – but don't overload it !
2. **Soak your Clothes** - Soak very dirty clothes before washing to avoid needing to wash multiple times or at high temperatures.
3. **Temperature** - Set washing machine to 30 degrees or put on eco mode to reduce energy and water usage.
4. **Shorter Cycles** - Look to use the shortest suitable setting to reduce water usage – this will also help your clothes last longer.
5. **Reduce tumble dryer use** - Air-drying clothes can save up to £55 a year if you cease to use a tumble dryer. If you do use one then use the auto-dry setting to reduce energy.



# Save Energy on Lighting



Switch your bulbs to LED Save up to £6 and 250kg of CO<sub>2</sub> per bulb per year. They also last longer.



Regularly dust lights and windows to get the full brightness and then you don't need to use extra lights.



Switch off lights when you leave a room, no matter how long for. Leaving lights on can cost up to £20 per year.



Use timers or motion detectors on external lights so they only come on when necessary.

# Save Energy on heating



## Three top tips:

### 1. Turning on/off your heating

Turn on your heating a little later in Autumn and switch off earlier in Spring, consider wearing a jumper or thick socks as an alternative.

### 2. Get a smart meter or timer

Set the timer for your heating so you only heat your home when necessary – a smart meter allows you to change the setting from your phone.



### 3. Adjust the temperature slightly

Turn down your thermostat by 1 degree to save up to £145 a year.

**IT IS HIGHLY RECOMMENDED** that you invest in loft and wall insulation and double glazing. A quarter of the heat from your home is lost through the roof and lots will head out of single glazed windows.

Finally if you have an oil boiler, consider joining or creating a buying group to cut costs.

**STAY WARM WITH US THIS WINTER**

# Carbon Monoxide (CO)



Called the Silent Killer, CO can poison you over a long period, so check for symptoms such as headaches, nausea, dizziness and confusion which disappear when you leave your home.

- 1. Detectors/Alarms** - Install one in every room where you have a 'carbon burning' energy source - so your kitchen (if you have a gas hob), the room your boiler is in, any room with an open or closed fire, stove or non-electric heater.
- 2. Replacing an alarm** - Modern alarms have a lifespan of approx. 10 years, older ones need replacing after 5 or 6 years.
- 3. Servicing appliances** - Do get your gas appliances serviced by a Gas Safe engineer every year.
- 4. Chimneys** - Get your chimney swept every year, even if you only rarely use it.
- 5. Open fires & stoves** - For open fires or stoves, remove the ashes from the room as they continue to emit Carbon Monoxide even when cold.

**Here at GNN we can arrange access to some carbon monoxide detectors for FREE - contact us at [info@goodneighbours.org.uk](mailto:info@goodneighbours.org.uk)**



# Helpful Links

**Centre for Sustainable Energy Resources -**

[www.cse.org.uk/resources](http://www.cse.org.uk/resources)

**Find grants and financial support through**

Turn 2 Us - [www.turn2us.org.uk](http://www.turn2us.org.uk)



More energy saving information - [energysavingtrust.org.uk](http://energysavingtrust.org.uk)

To contact a GNN energy advisor please

E:[info@goodneighbours.org.uk](mailto:info@goodneighbours.org.uk)

or call M:07500110101 or M:07741272220



# GNN ENERGY FAVOURITES

Turn off the oven ten minutes before the food is ready, keep the door closed and the food will cook without using any more energy.

Keep your radiator key handy.

Put a lid on it - when using a pan.

Keep the heat in not out!  
Insulate where you can, the loft, hot water pipes and walls.

