



**Nabuh
Energy**

Energy Saving Tips

Energy saving tips

Saving energy in your home



Saving energy can be incredibly simple and easy. Here's a list of things you can do yourself:

Switch off standby

By remembering to turn your appliances off standby mode you can save around **£36 a year**.



Don't let your energy go down the drain in your kitchen



You can save just by using your kitchen appliances more carefully:

- Using a bowl to wash up rather than a running tap can save you money on your energy and water bills if you have a water meter. In fact you only need to run a typical tap for 95 seconds before you would have filled a washing up bowl.
- Fill your kettle with just the right amount of water you need and save **£6 a year**.



Plan a head

If you've got a shower that takes hot water straight from your boiler or hot water tank (rather than an electric shower), fit a water efficient shower head. This will reduce your hot water usage while retaining the sensation of a powerful shower.

A typical household could save around **£25** off their yearly gas bills and **£30** off their metered water and sewerage bills by replacing their inefficient shower head with a water efficient one, that's a total saving of around **£55**.

Spend less time in the shower

Spending one minute less in the shower each day will save up to **£16 a year** off your energy bills, per person.

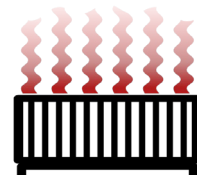


Take control of your heating

More than half the money spent on fuel bills goes towards providing heating and hot water.

Installing a room thermostat, a programmer and thermostatic radiator valves and using these controls efficiently could save you around **£75 a year**.

If you already have a full set of controls, turning down your room thermostat by just one degree can save around **£60 a year**.



Whatever the age of your boiler the right controls will allow you to:

- Set your heating and hot water to come on and off when you need them
- Heat only the areas of your home that need heating
- Set the temperature for each area of your home.

Turn off lights

Turn your lights off when you're not using them. If you switch a light off for just a few seconds, you will save more energy than it takes for the light to start up again, regardless of the type of light.

This will save you around **£15 a year** on your annual energy bills.

Smart Meters

Smart meters are a great way of tracking the energy you use in pounds and pence which could help you save money and energy.

To find out more or to see if your postcode is eligible for free smart meter installation call our customer service team on 0330 0414 902 or register your interest on our website.

All savings provided by the Energy Saving Trust Heating and savings statistics bulletin 2020/2021.