



What is energy efficiency?

In a nutshell, it's about cutting your energy use while still enjoying a good quality of life.

How to save energy and reduce your bills

Want to save energy and money around the home but not sure where to start? There are plenty of lifestyle changes you can make that can have a massive effect on your consumption. Here are some energy-saving tips you can put into action right away to cut costs and help fight climate change.

Small changes can make a big difference.

It's surprising how much you can achieve by making a few easy adjustments to your home and daily habits. Just be consistent and you'll soon see the savings build up.

Try these ideas to get started:

Turn off the lights

Do it whenever you leave the room. And fit energy efficient bulbs. They're more expensive initially but they use much less energy and replacing all bulbs in your home with these could save about £40 a year on your electricity bills. So, they're well worth it.

Unplug your chargers

Leaving your phone, tablet or laptop charger plugged in when you're not using it drains money from your pocket. You're just paying for it to waste energy by getting warm.

Switch off your TV

Leaving your TV on standby means it's still using energy. And experts have calculated that UK households waste an average of £30 a year powering appliances they're not even using.

Move your sofa

Furniture pressed up against a radiator stops heat reaching the room. Move things an inch or two away and better air circulation will have your room getting warm and cosy much faster.

Close the curtains

When the sun goes down, heat starts to escape. Drawing the curtains or closing the blinds will help to keep the warmth in. Especially if you have draughty, old-fashioned sash windows.

Stay warm, cut costs

Turning your thermostat down by just 1°C can save you as much as £80 per year!

Layer up

Wearing more jumpers, socks and slippers around the house and putting an extra blanket on the bed means you won't be tempted to turn the heating up.

Turn the pressure down

A high-pressure power shower is a luxury but you'd be surprised how much water they use - sometimes even more than a bath.

Install a new boiler

Apart from ensuring boiler safety, upgrading to a highly-rated boiler can improve your home's energy efficiency. As part of Newington's planned maintenance works, the Association carries out the replacement of all gas boilers installed within all our homes every 15 years.

Don't leave the tap running

Turn the tap off when you're brushing your teeth or washing your face - it can waste more than six litres of water per minute while it's running.

Turn the lights off

When you leave a room, don't leave the lights on unless you're coming back.

Run cold washes in the washing machine

Washing your clothes at 30 degrees rather than 40 can save you a third on your washing bills - you'll have to do a hot wash sometimes but sticking to 30 whenever possible can make a world of difference.

Use halogen lightbulbs outside

These bulbs consume around a quarter less electricity than incandescent bulbs without losing any brightness, so they're a no-brainer for any exterior lighting.

Opt for an electric lawnmower


Electric mowers are much less hassle to use than petrol-powered mowers and are obviously more energy-efficient as well. Try and invest in one if you can.

Educate the household

Energy will only be saved if everyone in the house recognises the importance of saving it. If you've got kids, try and turn energy saving into a game to teach them why they should remember to switch things off.

Stop overpaying on energy

Compare gas and electricity prices to make sure there aren't any cheaper options you could switch to.



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