



# Home Energy Guide

How to save money on  
your energy bills



**PECT**  
CREATING SUSTAINABLE PLACES

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# Welcome to the PECT Home Energy Guide

Everyone and the environment can benefit from some simple tips to help cut energy bills, which will save you money, improve your health and cut carbon.



**PECT is an environmental charity that aims to make places better for people and the planet.**

We promote sustainable practices to help protect our environment now and to leave a legacy for future generations.

We deliver innovative projects of local, regional and national significance, enabling change for a smarter future.

To find out more about what we do, visit [www.pect.org.uk](http://www.pect.org.uk)



## In The Home:

- 1) Get a smart meter so you can measure and understand your energy use – knowing your energy use will show you where to start saving.
- 2) Turn off appliances at the plug instead of leaving them on standby and save an average of £55 a year.
- 3) Look for drafts in your home and block them with excluders to help keep your home warm.





## In The Kitchen:

- 1) Use kitchen appliances such as microwaves, slow cookers, air fryers, and steamers rather than the oven to cook food. These all use less energy and will save money.
- 2) If you do use the oven, make maximum use of the space and heat and minimise opening the door. Opening the door loses 25 degrees of heat that then requires energy to reheat.
- 3) Use glass or ceramic oven dishes as they retain heat better than metal and so are more efficient.
- 4) Turn ovens off ten minutes before the food is ready but keep the door closed. The oven will retain the heat and finish cooking the food without using any energy.



## In The Kitchen:

- 1) Use the smallest suitable pan for your food and the hob ring that best matches the pan size to avoid using more energy than necessary.
- 2) Clean your hob rings and oven regularly to maintain their efficiency. Both can reach the required temperature faster when they are clean.

- 3) Use a lid to keep the heat in the pan and speed up cooking.
- 4) Boil water in the kettle then transfer to a pan when boiling or steaming to save time and energy. Only boiling the amount of water you actually need in the kettle can save £31 a year.



## In The Kitchen:

1) Don't set your fridge and freezer colder than they need to be. Set your fridge to 5 degrees and your freezer to -18 degrees.

2) Defrost your freezer regularly, and clean behind your fridge and freezer, to keep them energy efficient. Ensure door seals are in good repair to avoid warm air getting in.

3) Defrost frozen food in the fridge or on the worktop to halve cooking times and reduce the energy required to cook.

4) When washing by hand, use a washing-up bowl, which will save £30 a year and reduce your water usage.

**Top Tip:** Do full loads in the dishwasher and use eco mode or a lower temperature to reduce water and energy usage.



## In The Bathroom:

1. Install water saving items. A water-saving showerhead will reduce energy usage, as well as water, and can save up to £80 a year on your energy bills. Fix any drips and leaks
2. Insulate your hot water cylinder and pipes and save at least £45 each year



3. Try taking a 4 minute shower & save £65 per year on your energy bills whilst saving water in the process.



4. Turn the shower off while you lather up before tuning it back on to rinse.



5. Turn the taps off when brushing your teeth and shaving will reduce your water usage by 10 litres per minute.



# Save Energy on Laundry:

1. Wait until you have a full load before using the washing machine. But don't overload it!
2. Soak very dirty clothes before washing to avoid needing to wash multiple times.
3. Set washing machines to 30 degrees or put on eco mode to reduce water & energy usage. Save around £40 each year.
4. Use the shortest suitable setting to reduce water and energy use. This can also help your clothes last longer.
5. Air-drying clothes can save up to £55 a year if you completely stop using the tumble dryer. If you must use a tumble dryer, use the auto-dry setting to reduce energy usage.



# Save Energy on Lighting:



Switch your bulbs to LED to save up to £6 and 250kg of CO2 per bulb per year. They also last longer.



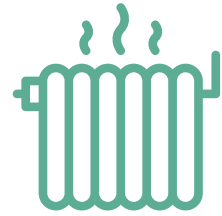
Regularly dust lights and windows to get the full brightness and don't need to use extra lights.



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



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



## Save Energy on Heating:

1. Turn on your heating a bit later in autumn and switch it off earlier in spring. Wearing a jumper in the house in winter or even a scarf and thick socks can reduce the need for radiators.
2. Turn down your thermostat by 1 degree and save up to £145 each year. The recommended temperature of a home is 18-21 degrees during the day.
3. 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 if your plans change.



## Save Energy on Heating:

1. If you have a combi boiler, your flow temperature might be higher than it needs to be. By reducing the temperature to 60 degrees you can save up to £100 on your gas bills. To learn more visit [moneysavingboilerchallenge.com](https://moneysavingboilerchallenge.com)
2. Keep the heat in by properly draught proofing your home, saving £90 each year. Draught tape around windows and draught excluders for doors will prevent cold air coming in. Closing curtains and blinds can save an average home £25 a year. Thermal lining on curtains adds extra insulation.
3. If you have an oil boiler, consider joining a buying group to cut costs.

**Top tip:** Invest in loft and wall insulation, and double glazing. A quarter of the heat in your home is lost through the roof.



## Save Energy on Heating:

1. Fit radiator reflector panels behind your radiators and a shelf above them. These will direct heat back into your room and reduce heat loss. Avoid having furniture in front of radiators so they can more efficiently heat the room
2. Set thermostatic radiator valves so you are only heating the rooms you are using, saving around £70 each year. Close doors when you leave a room to keep the heat in.
3. Bleed radiators to remove trapped air and ensure they are working efficiently.



## Useful links:



- Home improvement funding in Cambridgeshire - [actiononenergycambs.org](https://actiononenergycambs.org)
- More energy saving information - [energysavingtrust.org.uk](https://energysavingtrust.org.uk)



- Centre for Sustainable Energy resources - [cse.org.uk/resources](https://cse.org.uk/resources)
- Find grants and financial support through Turn 2 Us - [turn2us.org.uk](https://turn2us.org.uk)

To speak to an energy advisor for free, contact PECT on 0800 802 1773, email [energyadvice@pect.org.uk](mailto:energyadvice@pect.org.uk) or visit [www.pect.org.uk/energyadvice](https://www.pect.org.uk/energyadvice)