



Saving Energy

Wrap up and save money

Tick when complete

- Insulating your home is the best way to save money on your energy bills. You can insulate your walls whether you have a cavity wall or a solid brick wall.
- Your loft insulation should be 270mm (11 inches) thick to avoid losing heat through the roof.
- Why not invest in draught excluders especially around doors, letter boxes and key holes?
- Call us for the latest loft and wall insulation incentives on 01642 243183.

Make the most of your heating

- Is your boiler more than 10 years old? Why not replace it with a new high efficiency boiler - it will save you money in the long term. There may be help for you to do this - call us on 01642 243183.
- Use your central heating controls to time your heating. Remember to turn the heating off at least 30 mins before bed - you won't notice the difference.
- If you have a hot water tank make sure it has an insulating jacket and insulate the pipes too.
- If you're cold put on a jumper or another layer before turning up the thermostat - it will save you money.

Appliances that cost the Earth

Tick when complete

Powering some electrical items costs more than others. Generally those that have moving parts or produce heat cost the most e.g. washing machines, tumble dryers.

- Only boil as much water as you need in the kettle.
- Remember to turn appliances off stand-by where possible.
- Unplug phone chargers when they are not in use.
- Find out how a smart meter can help you. Visit www.smartenergygb.org

Changing habits



- Try to change all your light bulbs to low energy bulbs or LED bulbs.
- Remember to turn off lights when no-one is in the room.
- Try not to hide radiators behind furniture or heavy curtains.
- Keep fridges and freezers full - also remember to defrost freezers regularly.
- Look for the energy saving recommended logo when buying new appliances. It may cost a little more initially but will save you money in the long term.
- It is important to read your meter and send it to your company regularly to make sure your bills are correct.

Switching suppliers

- Shop around - you could save money on your energy bills. There will be no interruption in your supply. Check for a better deal when you receive your annual statement.
- Use an accredited switching site at www.goenergysshopping.co.uk
- If you don't want to switch, then contact your current supplier and ask them if you are on their cheapest tariff.

Find out how sustainable you are at www.surveymonkey.com/s/one_planet_middlesbrough

**For further advice www.menvcity.org.uk • 01642 243183
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