

# Do you save energy (and money)?

In an average UK house **most of the energy is used on heating** it because it's not highly insulated. Homes account for around a third of York's carbon emissions so saving energy saves money as well as helps the planet. The first rule of saving energy is that the cheapest unit of energy is the one not used at all so **it's good to understand how your home loses heat, and what uses energy and when around your home**. When it comes to electrical appliances, ones that either generate heat or have moving parts tend to be most power hungry. At the same time it is important for our health to keep warm in winter and cool in summer so it's about using energy wisely. We hope this checklist will help you do that. If not sure about any of the actions and how they help, do **get in touch**!




**DIY draught-proofing can be very effective at keeping you warmer. Just remember to also ventilate once or twice a day to get fresh air in and remove moisture. Use extractor fans when cooking or washing.**

## 1. Do you know your home?

- ☐ Is it well insulated and draught-proofed?
- ☐ What is its energy performance certificate (EPC)?
- ☐ If it is draughty, cold and/or damp, do you know that there are some grants available for eligible households to help address those issues?
- ☐ Do you take regular meter readings or have a smart meter?
- ☐ Do you understand your energy bills - are they based on actual use or just estimated?
- ☐ If you can't replace draughty windows, have you got secondary glazing or glazing film on them?

York Energy Advice
by St Nicks and York Community Energy

**For help & more info:** yorkenergyadvice.org.uk
t. 01904 922249 • message us through Facebook

We offer free support on energy issues to anyone in York on a low income, aged 50+, or experiencing a long term physical or mental health condition or disability.

## 2. Heating

- ☐ Know how your heating system is controlled and can you programme it to come on when needed?
- ☐ Can you set different temperatures in different rooms by using (smart) radiator valves, e.g. 18C in bedrooms, 18-21 in living rooms and off or at 15C in unused rooms?
- ☐ If you have a condensing boiler, is it set to the lowest safe flow temperature to make it most efficient?
- ☐ If you use electric heaters, can you control temperature and time settings?
- ☐ Do you know how much energy your heaters use?
- ☐ If you have an immersion heater for hot water, is it on a timer?
- ☐ Are radiators unobstructed with furniture or clothes?
- ☐ Do you get your boiler serviced regularly and radiators bled?
- ☐ Do you close thick/ insulated curtains over windows and draughty doors as it gets dark to help keep heat in?

### What uses most energy?

Most of your energy bill is likely to be down to space and water heating. Then it's:

**14%** wet appliances: washing machines, dishwashers, tumble dryers

**13%** fridges and freezers

**6%** consumer electronics: TVs, computers etc.

**5%** lighting

source: Energy Saving Trust

## 3. Washing

- ☐ Wash full loads of clothes at low temperatures?
- ☐ Dry clothes outside if possible?
- ☐ If drying clothes indoors, do you keep them off radiators and ideally just in one, ventilated room?
- ☐ Take short showers rather than baths?
- ☐ Wash up in a fully loaded dishwasher or in a bowl, not under a running tap?

### Saving water saves energy

Get a free water saving kit from your water supplier, or buy a water saving shower head. Water meters can reduce bills for smaller households.

## 4. Cooking

- ☐ Use the microwave instead of the oven, or use slow cooker if possible?
- ☐ Keep lids on to cook quicker and reduce moisture in the air?
- ☐ Turn foods like pasta or potatoes off a few minutes before they are done to finish off cooking in the hot water (or use a haybox cooker)?
- ☐ Only boil the water you need?

## 5. Lighting & appliances

- ☐ Have you got LED bulbs?
- ☐ Do you switch things off at the wall and know how much energy your appliances use when on?
- ☐ Look for energy efficiency labels and longevity when buying new appliances?

St Nicks is a Charitable Incorporated Organisation registered as Friends of St Nicholas Fields, charity no. 1153739. York Community Energy is a Community Benefit Society, FCA reg. no. 8575.

**yorkenergyadvice.org.uk**

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