

Making simple changes to the way you use energy can make a big difference to your bills. You could also lower your carbon emissions, helping tackle climate change.

See how much you could save by following these tips.*

Take control of your heating

More than half of the money spent on fuel bills goes on heating and hot water. Setting your heating controls correctly can help to reduce your bills.

A room temperature between 18°C and 21°C is ideal for most people. Try turning your room thermostat down by one degree within this range – it could save you around £90 a year. If a medical condition means you need a warmer home, ask your GP what room temperature you should aim for.

A hot water cylinder jacket costs about £30. Topping up your hot water tank insulation from 25mm to 80mm thick, using a British Standard jacket, could save you around £40 a year, which is more than the cost of the jacket.

Get a smart meter

Smart meters can help you track your energy use and identify where you can make changes that can save money on your energy bills – ask your energy supplier if you're eligible for one. Remember to seek the landlord's permission first if you rent.

Switch off standby

You could save around £45 a year by switching your appliances off at the socket. It usually won't affect the programming. Check the instructions for any appliances you aren't sure about.

Turn off the lights

Remember to turn lights off when you're not using them – even if it's just off for a few seconds. This could save around £6 a year.

When it's time to replace the bulb, consider going for an LED bulb - these reach full brightness right away and cost a lot less to run than older bulbs.

Make simple savings in the kitchen

Overfilling the kettle is an easy mistake to make. Measure out the water you need using a mug or the gauge on the kettle - it could save you up to £10 a year on your electricity bill.

You could save around £12 a year by using your washing machine on a 30-degree cycle instead of higher temperatures. Ditch the dryer to save even more money - dry your clothes on racks inside or outside in warmer weather to save up to £50 a year.

If you have a dishwasher, only run it when it's full to reduce the amount of water and energy you use.

Reducing your dishwasher use by one run per week for a year could save around £12.

Save on energy and water in the bathroom

If you keep your shower time to just four minutes, you could save a typical household £60 a year on energy bills. Also swap just one bath a week for a 4-minute shower to save around £9 a year.

Switching to a water efficient shower head could save an average household with a water meter up to £25 on gas bills and £35 on your water bills if you're metered.

Draught-proof your home

All homes need some amount of ventilation, although you shouldn't feel cold in winter. Try blocking up unwanted gaps around your windows, doors and other openings where you feel a draught. You can get materials to do this, like draught-proofing strips, draught excluders and keyhole covers, from DIY stores.

Draught-proofing your windows and doors could save you around £40 a year on your bills and your home will feel warmer.

Heat can escape through your chimney - installing a chimney draught excluder could save you around £55 a year.

Need advice managing your energy bills?

Citizens Advice can help you understand your bills, and find out what extra support is available.

Call our Consumer helpline for advice on energy: **0808 223 1133**

Call our debt helpline if you're having issues with money and debt: **0800 240 4420**

Our helplines are available 9am to 5pm, Monday to Friday. They are not available on public holidays. Calls are free from mobiles and landlines.

Relay UK - if you can't hear or speak on the phone, you can type what you want to say: dial **18001** followed by the phone number. You can use Relay UK with an app or a textphone.

Get help with energy efficiency

Financial help is available to support households with the cost of installing energy efficiency measures, such as insulation and more efficient heating. Contact your local council to find out what initiatives there are in your area.

If you live in Wales, the Welsh Government's Nest scheme may be able to support you to make your home warmer and more energy efficient. Visit gov.wales/get-help-energy-efficiency-your-home-nest or call **0808 808 22 44**.

Citizens Advice helps people find a way forward.

We provide free, confidential and independent advice to help people overcome their problems. We are a voice for our clients and consumers on the issues that matter to them.

Energy Saving Trust

Energy Saving Trust is an independent organisation dedicated to promoting energy efficiency, low carbon transport and sustainable energy use. We aim to address the climate emergency and deliver the wider benefits of clean energy as we transition to net zero.

* All figures correct as of October 2024 based on a typical three-bedroom semi-detached house in England, Wales or Scotland on a standard energy tariff and paying by direct debit.

energysavingtrust.org.uk

citizensadvice.org.uk/energy



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Energy know how

Simple tips to save energy, and where to turn for help



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