

Saving energy in your home

Here are some ways you can help to save energy in your home and protect the planet at the same time.



Switch electrical appliances off when you have finished using them.

Do not leave them on standby.



Only fill and boil your kettle with the amount of water you need.



Turn your heating down during warmer days.

Turn the heating off in rooms that are not being used.

If the thermostat doesn't work or you're not sure where it is, ask for help.



Switch the lights off when you leave a room.



Keep doors closed to help keep heat inside.

If your window or door lets in cold wind, please report it.



Allow space around radiators so the heat can spread around the room better.

Dry your clothes outside, not in the tumble dryer (when you can that is!).



Close your curtains and blinds at night. This helps keep your room warmer.

Closed curtains can also keep your rooms cooler during warm weather.



Only wash clothes when you've got a full load. Do the same with your dishwasher.

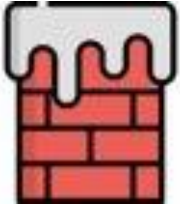


Turn the tap off while brushing your teeth.

A tap can use up to 6 litres of water per minute if you leave it running.

Report any leaky or dripping taps to staff and maintenance.

More top tips!



Does your house have an open fire that is not used anymore?
Talk to maintenance about a chimney balloon to stop cold air from getting into your house.



Clean dirty windows, both on the inside and outside - dirt can block up to 10% of natural sunlight, so give them a scrub.



Charging your phone too much is bad for your battery.
To keep your mobile phone's battery working well you can stop charging it overnight.



Why not try talking about saving energy with your friends and the people you live with?



If you need support to understand how you can save energy, then speak to your support workers.

We will be co-producing more resources to help people save energy.

If you would like to be involved speak with your co-production lead.

A LIFE OF OPPORTUNITY
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