

Tips	Potential cost saving/ person/year <sup>1</sup>	Notes
<b>Simple actions</b>		
Switch off appliances at the plug rather than leaving on standby	£ 35.00	
Use bowl for washing up rather than running tap	£ 25.00	This will also save water.
Only run washing machines when full	£9 dishwasher £5 clothes washer	This will also save water.
Do one less clothes wash per week	£ 8.00	This will also save water.
Only fill a kettle with what is needed	£ 6.00	A kettle is one of the most energy intensive appliances.
Fit a water efficient shower head	£ 9.50	Can also save up to £55 per year off water bills.
Spend a minute less in the shower	£ 8.00	Can also save up to £11 per year off water bills.
Use cold water rather than hot water where possible		
Turn thermostat down by 1°C	£ 60.00	
Use a hot water bottle or an extra blanket and turn the heating off at night		
Turn off unnecessary lights	£ 15.00	Lighting can account for 15% of household electricity.
Place your desk or table by a window so that you do not need a light on		
Dry clothes outside when it is fine rather than using a tumble dryer	£ 30.00	
Keep doors of unused, unheated room closed		
Change to a green electricity supplier		Consider Ecotricity who will make a donation to A Rocha for every household that switches and also give a small discount on their gas supply. <a href="https://www.ecotricity.co.uk/our-green-energy/green-electricity">https://www.ecotricity.co.uk/our-green-energy/green-electricity</a>

<sup>1</sup>Figures from the Energy Savings Trust

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Do not replace appliances until they really need replacing and then recycle if possible.		The production processes require a massive amount of energy and resources. Waste put into landfill produces methane gas which contributes to climate change; incineration is very energy intensive.
<b>Actions requiring some investment</b>		
Draught proof doors and windows	£ 25.00	
Install chimney draught excluder	£ 19.00	
Insulate loft, roof and walls		There may be grants available. <a href="https://www.gov.uk/improve-energy-efficiency">https://www.gov.uk/improve-energy-efficiency</a>
Install double glazing		There may be grants available. <a href="https://www.gov.uk/improve-energy-efficiency">https://www.gov.uk/improve-energy-efficiency</a>
Use smart heating controls	£ 75.00	
Replace all bulbs with LED	£ 40.00	
Install an energy monitoring device to see how much energy you are using, and saving		
Have thermostatic valves fitted to existing radiators		
Use a chemical inhibitor to help maintain the efficiency of your radiators		This prevents corrosion and deposits in radiators.
<b>Actions requiring major investment</b>		
When replacing old appliance make sure new ones are A* rated		Energy Saving Trust Register: <a href="https://energysavingtrust.org.uk/listing/est-register/">https://energysavingtrust.org.uk/listing/est-register/</a> TopTen UK: <a href="https://www.toptenuk.org/">https://www.toptenuk.org/</a>
Install solar panels		The Energy Saving Trust has useful information. <a href="https://energysavingtrust.org.uk/advice/solar-panels/">https://energysavingtrust.org.uk/advice/solar-panels/</a>
When replacing an oil or gas boiler consider installing a low carbon heating system such as a heat pump, ground source heating or a biomass boiler		Heat pumps are currently more expensive than a gas or oil-fired boiler, but due to their high efficiency should reduce energy bills. It is planned that oil and gas boilers will be phased out by 2028 and 2033 respectively, and that all new gas boilers will be able to be converted to hydrogen by 2025.