

ENERGY SAVING TOP TIPS



Change to LED bulbs – they last longer and use less electricity

FACT: Switching from an old-fashioned lightbulb to an LED lightbulb can save you around £12 per year for each lightbulb, based on you using the lightbulb for five hours per day. We have lots of bulbs in our homes, so this can really add up!



Only fill your kettle as much as is needed

FACT: Kettles are very energy intensive. We use them to make tea, coffee, and for cooking every day. Filling your kettle with only what you need saves time and therefore money.



Save water and save energy – get a shower timer

FACT: Spend one minute less in your daily shower and save between £5 to £10 per year on energy costs. Not to mention water is soon going to be metered so you'll save even more!

Get a shower timer and other water saving gadgets from Thames Water
- www.thameswater.co.uk



Don't put your appliances on standby, turn them off

FACT: items on standby make up about 10% of a typical home's electricity bill – that's £50-£86 a year.

Information from CSE and the Energy Saving Trust
For more tips, see: www.cse.org.uk/mythbuster



Turn it down

Turn your washing machine setting from 40°C to 30°C. If your house is above 18°C, try turning your room thermostat down by 1°C.

FACT: 1°C cooler can save 10% of your heating costs!



Dry your hair naturally

FACT: Appliances that heat up tend to use the most electricity so limiting how much you use them saves loads!

RULE: the higher the power rating (W) of the appliance and the longer you need to use it for, the more expensive it is to run.

You can find out how much it costs to run the appliances you have at home using an online calculator such as:

www.switchwise.co.uk/electricity-cost-calculator

The only information you need is:

The power rating of your appliance

You can find this either on the packaging or on the appliance itself. It is shown in Watts (W). If you can't find this, there is a list of common appliances at:

www.bit.ly/1TgUe7n

The unit price of your electricity

This will be on your bill and will be in pence (p). If you can't find this, use 15p as an example



If you made all of these changes, you could save hundreds of pounds on your energy bill every year

It's worth saving energy!



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These leaflets have been put together by residents and staff from:

The Bromley By Bow Centre, EastendHomes, Gateway Housing, Spitalfields Housing Association,

Tower Hamlets Homes and Tower Hamlets Community Housing. To see all of our leaflets

Visit: www.bbbc.org.uk/empower-resources

