



Alsager Community Support



Revisit your energy tariff and supplier regularly to ensure that you are on the best deal possible.	Ensure that you have the most efficient boiler you can afford.	When replacing appliances, buy the most energy efficient model you can (A+ to A+++).	Use an energy monitor to compare the energy usage of items and identify where you can save energy
Use your programmer, heating and thermostatic radiator valves effectively	No. 3 setting on a thermostatic radiator valve will keep your room at about 20C. Don't turn it up to 5, as there will be no control at all, and it won't warm the room up any quicker.	Lower the temperature of the water circulating through your radiators to increase your boiler efficiency.	Read your boiler manual and set it to run at its most efficient rate, using the central heating timer and control to maximise efficiency
Draught proof all your windows and doors.	Check your loft hatch and use a foam seal to block any gaps.	Fill the gaps around any pipework going up into your loft, to stop it escaping upwards.	Ensure that you have the optimum amount loft insulation (270mm).
Only heat rooms that you use and turn all other radiators off completely.	Keep internal doors closed and fit draught excluder strips to doors, (or use a portable excluder in each room you spend time in).	Always draw your curtains at night. Don't hide your radiator behind long curtains, or you will have lovely warm windows and a cold room.	Switch off adapters and chargers at the plug socket, when not in use.
Don't leave lights on unnecessarily. When a bulb blows, change it to an energy saving or LED bulb.	Keep your feet warm and trap warm air by wearing layers.	Reduce your shower time by 1 minute and use the eco mode if you have one. Turn off the water mid wash and re-start it to rinse off soap and shampoo.	Try to only use the washing machine once a week, at 30C. Wait until you have a full load. Tumble dryers are very costly to run. Ideally dry washing outside whenever possible. If it is too cold use an airer in the smallest room possible with a window opened slightly to prevent dampness occurring.
Instead of using an electric fan, open door and windows.	Dogs and cats are warmer blooded than humans, so by leaving the heating on all day when you are out will not only make your pets uncomfortable, but it is also a waste of energy.	Only boil the exact amount of water that you need in your kettle (or why not fill a flask to use throughout the day?)	Use a slow cooker to batch cook and freeze future meals.
If you are using the oven, cook several things at once (including items that can be eaten cold the following day).	A full freezer uses less than one that is partially full.	Defrost food in the fridge, rather than the microwave.	When you have finished using the oven, leave the door open to let the heat out into the room. This also works with washing up water, leave it in the bowl to add heat to the room as it cools down.

If you are struggling to pay your energy bills and/or would like some help to improve your energy efficiency, pop in and have a chat with one of our volunteers and we will see how we can help you.

Other good sources of information:

www.getenergysavvy.info

www.thegreendoctor.co.uk