



Energy efficiency savings

There are many low cost, or even free **ways to save energy** and therefore reduce your bills. We have all heard these things before but it's worth reminding ourselves and others in your household as these will add up to help save on energy and therefore money over a period of time.

The Energy Saving Trust has a lot of [information to help you understand the controls](#) for many different forms of heating and how to use them efficiently.

In a typical household, **over half of the energy bills are spent on heating and hot water** you can reduce this cost by making sure you're not using more heating than you need. **Insulate** any exposed hot water pipes and your hot water cylinder. Insulating the building itself will have an even bigger impact on your energy bills a good place to start is your loft

More top tips

Ask your energy supplier to **install a smart meter** with an in-home display so you can see how much energy is being used as you go.

Replace lightbulbs with low energy ones and remember to turn them off when you are not in the room. Indeed, turning off electrical items when you're not using them, will save you money rather than leaving them on standby.

Think about **how you use your dishwasher or washing machine** to make sure you are always running them at their designed capacity and at the most cost-effective time. Also, modern detergents work at **lower temperatures** so turn your machine down to save extra.



Only fill the kettle with the water you need and use saucepans and cooker rings that are the right size for the food you are cooking.

Batch cook meals so you don't have to use the cooker every day, and you can save by buying food in bulk.

Could you cook in a **microwave, pressure cooker, slow cooker or use an air fryer** as these are all more energy efficient? You can get tips on how to do this both online or with books from the library.

If your curtains are thin, then add **detachable thermal linings**. Remember to close them once it is dark to keep the heat in and consider getting a curtain over your front door to stop draughts.

If you're in a rented home, ask your landlord if they could help with **extra insulation**. There may be funding to help them do this as new rules are coming in on energy efficiency for rental properties.

Make sure you or your landlord are keeping on top of repairs so there are no broken or badly fitting windows, or damp patches where you are losing heat.

For more money saving tips look at the [cost of living survival kit from Martin Lewis](#).

Extra energy help for people living in Somerset

Contact Citizens Advice Somerset on **0808 278 7842** to explore what other support might be available for you.

Our advice team are available:

- Monday to Friday 10am to 4pm
- Thursday 10am to 7.30pm



citizensadvice-somerset.org.uk/help-through-winter