EQUANS

ENERGY SAVING TIPS

Small changes around your home can make a big difference — to your comfort, your energy bills, and the environment.

Here are some simple, practical ways to save energy every day:

1. Heating and Hot Water

- Turn your thermostat down by 1°C – it could save around £90 a year.
- Heat the rooms you use most – turn radiators down in unused spaces.
- Set timers so your heating only runs when needed, not all day.
- For combi boilers, reduce the flow temperature (often around 55-60°C). It makes the system more efficient without affecting comfort.
- For homes with a hot-water tank, make sure the cylinder is insulated and set to about 60 °C to stay efficient and safe.
- Bleed radiators, check thermostats, and book regular servicing to keep your system running efficiently.

2. Everyday Energy Savings

- Wash clothes at 30°C and air-dry when possible. Where air-drying in the property, ensure that the room is ventilated by opening a window. Do not dry clothes on radiators as this blocks the heat and can create damp and condensation.
- Run full loads in washing machines and dishwashers and use eco settings.
- Switch off lights and unplug chargers and devices when not in use.
- Replace bulbs with LEDs – they use up to 80% less electricity.
- Boil only what you need in the kettle.
- Cook efficiently - use the right sized pans, keep lids on pots and batch cook.

3. Save Water, Save Energy

Using less water also reduces the energy needed to heat it.

- Take shorter showers – cutting just one minute saves around 10 litres of water.
- Turn off the tap while brushing teeth or washing up.
- Fix dripping taps and leaks – even small drips waste thousands of litres a year.
- Use a washing-up bowl rather than running water.
- Run the dishwasher and washing machine only when full.
- Fit a water-efficient showerhead or tap aerator – they keep pressure but reduce flow
- Collect rainwater or use a watering can in the garden instead of a hose.

Less water wasted means lower bills, less strain on local water supplies, and less energy used to heat it.

4. Keep Air Fresh and Homes Healthy

- Use extractor fans in kitchens and bathrooms to reduce condensation.
- Don't block air vents or trickle grilles — they help keep air moving.
- Open windows briefly each day to refresh the air.
- Close curtains and blinds at night to keep warmth in.

Good ventilation and insulation together create a warm, dry, healthy home.

For more energy saving tips visit:

https://waterwise.org.uk/how-to-save-water/

https://www.wwf.org.uk/what-can-i-do/top-ten-water-saving-tips

https://www.ofwat.gov.uk/households/conservingwater/help/

https://energysavingtrust.org.uk/simple-ways-to-save-water-at-home/

https://www.moneysavingexpert.com/utilities/energy-saving-tips/

https://energysavingtrust.org.uk/hub/quick-tips-to-save-energy/

https://octopus.energy/blog/energy-saving-tips/#toptips

£30 saved

annually by switching off electrical appliances

50 litres

of water saved by having a shower rather than a bath