

Saving money on your energy bills

Insulation

Loft insulation should be 25cm. There are grants for this and for cavity wall insulation – which can cut heating bills by $\frac{1}{4}$

Lighting

Energy efficient bulbs use $\frac{1}{5}$ of the electricity and can last 12 times longer than ordinary ones

TV

Turn electrical appliances off rather than leaving them on standby

Boiler

Modern boilers cost less to run and there are grants available to help pay for a new one

Hot water

Your cylinder thermostat shouldn't need to be set any higher than 60°C/140°F

Kettle

Only boil as much water as you need

Washing

Remember to use the half-load or economy programmes on the washing machine