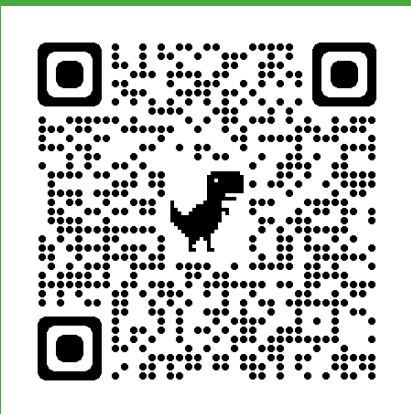


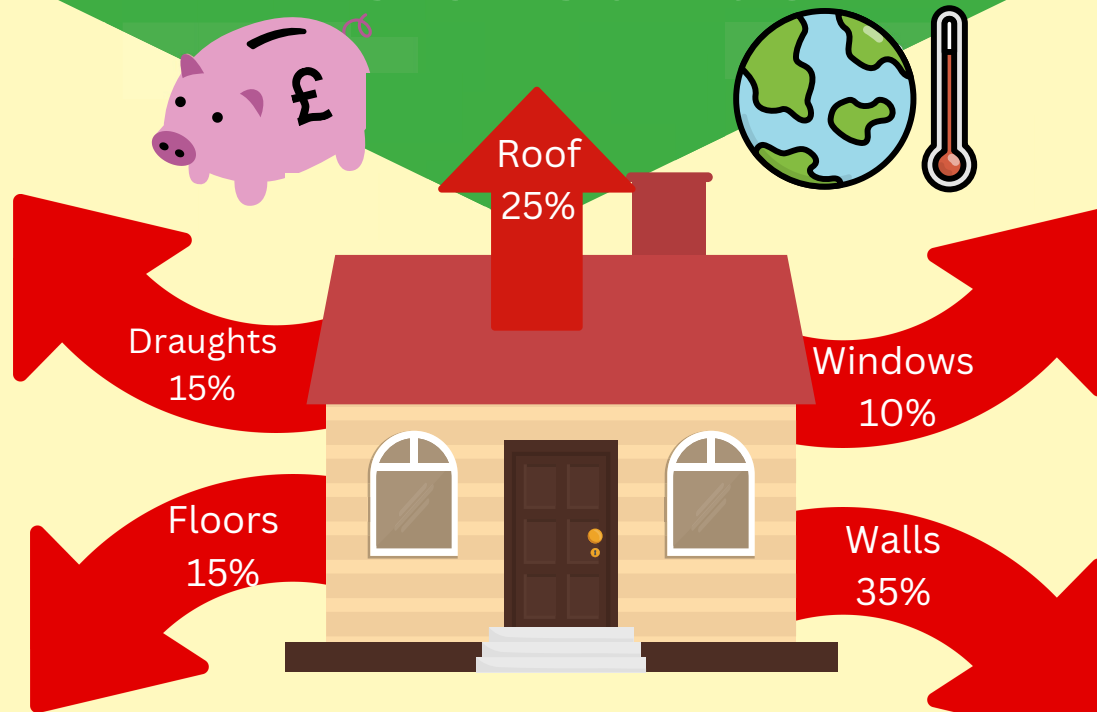
If you are worried about your energy bills, call 0800 677 1332 for free impartial advice from the Warmer Derby and Derbyshire service. Find out if you are eligible for financial help with money off energy bills or a home visit for more advice.

More information on home energy saving can be found at: [www.transitionchesterfield.org.uk](http://www.transitionchesterfield.org.uk)

We would love to hear your feedback. If you have tried any of these or have other suggestions, please contact [energy@transitionchesterfield.org.uk](mailto:energy@transitionchesterfield.org.uk), find us at @transitionchesterfield on Facebook or scan the QR code below:



# Easy Ways to Cut Energy Bills & Carbon



Heating is half the average energy bill. Insulate to save energy. Some energy suppliers offer free insulation to eligible households.

## Did you know?

- Heating is the biggest part of a typical energy bill.
- It's better to turn off the heating when not in the house than to leave the heating on low all day.
- Switching a light on and off is better than leaving it on.
- Home heating accounts for more than a quarter of Chesterfield's carbon emissions.



# Start here

## Simple, low cost actions

Turn down the thermostat by 1 degree, put on a jumper and, if it feels okay, turn it down 1 more degree but

PLEASE STAY WARM.

Some potential annual cost savings:

Reduce thermostat by 1 degree	£145
Draught proof gaps	£125
Take a 4 minute shower	£95
Use a chimney draught excluder	£90
Avoid using a tumble drier	£70
Insulate your hot water cylinder	£70
Wash laundry at 30 degrees	£34
Turn off unused lights	£25
Don't overfill your kettle	£13

Source: Energy Saving Trust, based on October '22 Energy Guarantee prices.

## Other simple energy saving measures you could try:

- ▶ Use a timer on your thermostat to schedule heating. It wastes energy to heat an empty house!
- ▶ Warm the 'core' of the house only and keep unused rooms cooler by shutting the doors and turning the radiators off or low.
- ▶ Put up thick curtains/use thermal curtain linings, including with external doors. Avoid long curtains which cover the radiators. Close curtains at dusk.

- ▶ Use thermal blinds fitted close to the window as well as curtains
- ▶ Put reflector foil behind radiators on external walls to reflect warmth back and fit a shelf over the radiator to divert rising heat from the window.
- ▶ Bleed your radiators and service your boiler for greater efficiency
- ▶ Lag hot water pipes
- ▶ Reduce the flow temperature of your gas condensing boiler and save 6-8% on heating costs (see website overleaf for how to do this)
- ▶ Use LED light bulbs
- ▶ Switch appliances off at the plug when not using
- ▶ Have an external letter box rather than a hole in the door
- ▶ Turn the oven off 5 mins before food is ready
- ▶ Fill any gaps in the freezer with cardboard boxes or newspaper

## Next steps (Medium cost)

- ▶ Insulate your loft with 270 mm insulation (save up to £890/year)\*
- ▶ Install thermostatic radiator valves and turn them up and down regularly as appropriate (save £55/year)
- ▶ Insulate ground level floors and fill gaps between floorboards using specialist sealant
- ▶ Get cavity walls insulated or solid walls externally insulated
- ▶ Replace single glazed windows and doors with double or triple glazing

\*For detached house with no insulation. October 2022 prices.

## Other ways to cut carbon (Bigger cost)

- ▶ Install solar panels to generate electricity (save £570/year)
- ▶ Consider an air source heat pump for well insulated homes