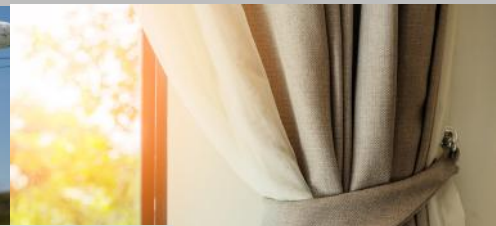
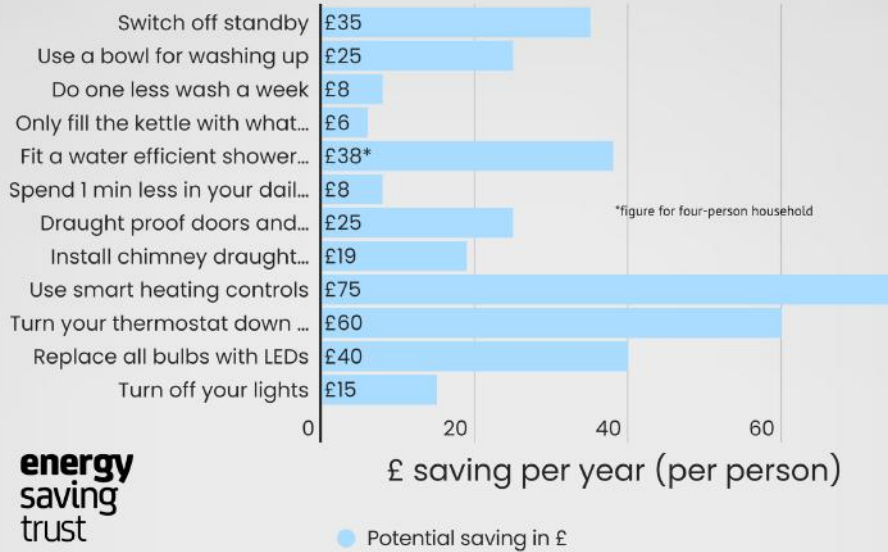


NO COST ACTIONS



How much could you save?

Add up the potential £££ savings available for each energy saving action.



Running appliances can account for a huge percentage of your energy bill. By making just a few simple changes to our home and lifestyle, we can be more economical and efficient with our energy usage.

» Lower bills

» Lower carbon footprint

» They're free

» No installation required

For more information and advice, please contact Sarah Gill on 07720 098980 or sarah.gill@groundwork.org.uk

In more detail:

Saving energy doesn't have to mean shelling out on a new boiler and unlike your broadband bills, they are not a fixed price. There are plenty of quick wins that everyone can achieve and will make a big difference to how much you pay for your energy. By making a few simple changes, you can save lots.

In your kitchen:

- Only fill the kettle with the amount of water you need - annual savings of £6
- Filling a washing up bowl rather than washing under a running tap - annual savings of £25
- Cut down on the number of washes you do by waiting until you have a full load - annual savings of £8 plus a further £7 on metered water bills.
- Setting your machine to wash at 30 degrees uses 57% less electricity than at higher temperatures saving £7 a year.
- Line-dry your clothes by hanging them outside or inside on a clothes horse. Line-drying them instead of using a tumble dryer in the summer will save you £30 a year.

In your bathroom:

- Spending one minute less in the shower each day could save £8 per person per year.

Around your house:

- Remembering to turn your lights off whenever you leave a room - annual savings of £15
- Switching appliances off of the plug could save you £35 per year.
- Putting a jumper on and turning your thermostat down by one degree in the winter could save you £60 per year.

What does it cost?

Absolutely nothing! All these actions are free to implement and only require small changes to our behaviours and habits.

How much will I save?

Depending on what changes you make, you could easily save between £100 and £200 a year. If you have a water meter you could save even more money.

I live in a flat or rent my property, can I do these things?

Yes! The actions included here are things that everyone can do. You don't need to own your property or live in a specific type of property.

For more information and advice, please contact
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