



Quick and Easy Best Practices for **Energy Saving at Home**

Supported by





**ARE YOU WORRIED
ABOUT ENERGY
PRICES GOING UP?**

**IS THE COST OF LIVING
AFFECTING YOUR ABILITY
TO LIVE COMFORTABLY?**

res
**We are here
to help.**

HELLO, NICE TO MEET YOU.

Residential Energy Services specialise in helping homeowners as well as those living in social housing and private rented property to live more comfortably and affordably with energy efficiency advice and support.

Section

Page

1	About this guide	3
2	Easy ways to save energy at home	5
3	Understanding your energy costs	9
4	Taking the next step	11
5	Energy-saving measures	13
6	Frequently Asked Questions	15
7	Who are Residential Energy Services?	17

This short guide is loaded with quick and easy energy saving tips to help get you started.

If you'd like more information about making your home more energy-efficient, talk to us about our Energy Saver's Guide for a complete introduction to energy-saving measures in the home.

There are plenty of ways you can talk to one of our experienced energy advisors:



Meet us in **person** at our energy advice pop up events
www.residentialenergyservices.co.uk/warmer-homes



Use our **live chat** feature anytime on our website
www.residentialenergyservices.co.uk



Send us an **email**
enquiries@residentialenergyservices.co.uk



Chat to a qualified agent over the **phone**
0333 444 1265



We can help you with any of the tips listed in **Section 2** (page 5), as well as **checking your eligibility for free energy-saving measures** which could save you hundreds per year on your energy bills. Please see **Section 5** (page 13).

A B C D E F G

Throughout the guide, these **helpful icons** will show you which tips you can put into practice right away, and which energy saving measures require a little investment or professional support.



**Parts and minor
installation work needed**



Talk to us for help



Try it now



Easy ways to save energy at home



Draught proofing

1

When you think of drafts, think of windows and doors.



Drafts allow cold air to get in and warm air to escape; draft proofing strips on windows and doors is a cheap and easy way to keep the chilly air out!

2

Draft proof your doors properly.



Proper draft prevention means protecting your front door from the outside air in four different areas; the letterbox, the keyhole, the gap along the bottom and gaps along all four sides, between the door and the frame.

3

Don't forget your chimney!



Open chimneys need a chimney draft excluder. Placed inside the chimney itself all around the stove area it helps prevent heat loss and keep drafts out.

4

Did you know skirting boards can cause drafts?



Your floors move! Shrinkage, and expansion in the floor and surrounding areas can cause cracks, allow air to get in and allow heat to escape. Use fillers for your skirting boards to seal all those cracks and stop drafts getting in.

5

To stop heat rising, don't forget your loft hatch.



Prevent drafts around your loft hatch with insulation strips, the same kind you would use for a typical door! This is a really handy way to reduce the amount of cold air coming into the home and heat from rising out into the attic.





Heating control

1 Try turning down the heating 1°.



If you're not too hot or too cold you might want to turn the heating down a notch. Most homes should remain comfortable between 18°C and 21°C so try turning it down a notch and see if it still feels comfortable.

4 Insulate your hot water tank.



Some hot water tanks might not have as much thermal protection. An insulating cover for your hot water tank can help protect it even more, costing you less in the long run.

2 Heater valves can really save energy and money.



Generally, gas heating costs less than electric heating, but you don't always want to heat all of your rooms all of the time! If you only need heating in one or two rooms, turn those heater valves up, and in the other rooms, turn them down.

5 Program your heating for better control over your bills.



Programmable heating controls help you to tell your home what to do, and when. Thermostatic Radiator Valves help you to control how hot each radiator gets, giving you even more control over your savings.

3 Want to contain the cosy heat in your home? Shut the door!



It's an easy one, but it's easy to forget. Closing the doors that lead from warmer areas to cold areas will keep the heat inside where it's needed, keeping you cosier for longer.

6 Don't forget your curtains and blinds.



Closing curtains and blinds at night will keep your home cosier. If any of your radiators are covered by curtains, rest them between the radiator and the windowsill to allow heat to get around the home.



Lighting and appliances

1

Got gadgets that are just sitting there? Switch them off!



Most electronic devices at your home can be unplugged; don't let them sit on standby. Gadgets like TV recorders may need to stay on, while laptops, phone chargers and sound systems can be safely switched off every time.

2

When you leave the room, turn off the lights.



You'll spend much less on energy every year with this simple change. Another simple change is switching to LED bulbs, which will help you save even more money.

3

Switch to a colder washing cycle.



Day-to-day washing can be performed just as effectively on a 30° setting instead of higher temperatures. If you use your washing machine carefully you can significantly lower your energy costs.

4

Dry your clothes naturally wherever possible.



Cutting down on tumble dryer cycles each week will drastically reduce your energy bills. Dry your clothes on racks inside the house or outside during the warmer months of the year.



Water

1 Consider taking a four minute shower instead of a bath.



You can make major savings on energy costs by cutting down on baths and having showers. You'll save a great deal of time too!

2 We all use the kettle a lot.



But we often fill the kettle with more water than we really need. You can save money on your electricity bills by avoiding filling the kettle all the way to the top. Just use what you need!

3 Fix an aerator to your kitchen tap.



An aerator slows down the flow of water through your kitchen tap without changing the way it performs during washing up. It's cheap, easy to install and cuts down on your water bills.

4 Replace your old shower head.



New, efficient shower heads are cheap and easy to install. They will help you save on your gas and water costs by utilising less water during your everyday shower.

5 Only run the taps when you really need them.



During shaving or brushing your teeth, switch the tap off and save up to 10 litres of water. Also, switch to cold water if you don't need it warm.

6 Wait until the dishwasher is full.



Only run your dishwasher when it is full; this will reduce the number of times you use it each week, cutting down on energy costs.

7 Leaky tap? You could be leaking money!



Make sure all taps are turned off properly and if they start to drip, make sure washers are replaced and leaks are investigated.

8 Running water runs up bills.



Washing and preparing food in a bowl rather than under running water will save energy, water and money. Stick to cold water and don't leave the tap running when you're washing the vegetables!

Understanding your energy costs



Take time to understand what your energy bills are made up of



Energy costs include more than just the gas and electricity you have used. The total sum includes wholesale costs, network costs, social and environmental obligations, supplier operational costs and additional costs like taxes.

Take time to understand what an energy tariff is and which one might be best for you



Your energy tariff is the price you pay per unit of electricity and gas you use, along with your supplier's standing charge. Tariffs can be fixed or variable; explore both options when looking for an energy supplier.

Checking your energy bill



Here are a few useful ways to check your energy bill to make sure you're paying the right amount. First, ensure your name and address are correct. Check the dates the billing period covers are not before or after you lived at the property and make sure the serial number listed on the bill matches the gas and electricity meters in your home.



Understand why we take meter readings



If you don't provide energy meter readings, suppliers take an educated guess on how much to charge based on what that property has used previously. If your energy usage has been estimated inaccurately, you could end up overpaying. Take accurate meter readings and give them to your energy supplier so that you only pay for what you use.

Know how to take a meter reading



A standard digital reading on an electricity or gas meter should have five black or white numbers, sometimes followed by some red numbers. The black and white number is your meter reading. Sometimes there's two rows of numbers; write them both down and give these to your energy supplier.

Manage your energy bills when you move house



Here's how to manage your energy bills when you move house. Just remember these three simple steps:

- 1 Take a final meter reading on your last day in the old property and provide that to your supplier.
- 2 Take meter readings on your first day at the new property and give those to the property's existing supplier.
- 3 You can either continue with the property's current energy supplier or switch to another supplier of your choice.

Get a smart meter

A smart meter automatically sends your meter readings to your supplier at least once a month. The digital display shows you what energy you're using and how much it's costing you. You will only pay for your precise usage; no more estimates! Contact your energy provider to get a smart meter, free of charge!



Taking the next step

So far in this guide, we have shared relatively quick and easy tips to help get you started towards greater energy efficiency, but there's a **great deal more we can help you with!**



We help vulnerable households check eligibility, complete applications and get **funding support** towards **life changing energy efficiency home upgrades**.

Right now, government schemes like **ECO4** and **The Great British Insulation Scheme (GBIS)**, and many more are helping households gain access to life changing funding towards home energy upgrades.

If you are interested in gaining access to this funding for your home, here's how we can work with you:



1. Check your home's eligibility

We can help check your home's eligibility for free or discounted energy measures under all ongoing government schemes.



2. Home Energy Assessment

We then arrange a Home Energy Assessment, where one of our trusted and qualified energy advisors will determine what you need to do to improve your home.



3. Application process

We will help process your application for relevant funding and connect you with our network of trusted installers.



4. Installation

Your new energy efficiency measures will be installed and you can begin to enjoy a cosier, healthier home!

Energy-saving measures

Here's a brief explanation of what these energy measures are and how they might be able to help you.

Loft Insulation



Loft insulation is a thick protective layer of insulating material that prevents heat from rising up and out of your home, helping to control the temperature more comfortably on the inside.

External Wall Insulation



External wall insulation provides a layer of insulated protection on the outside of your home, helping to control the level of energy needed from your heating systems on the inside.

Cavity Wall Insulation



Cavity wall insulation is the insulation material that is installed into the cavity of a property, which is the space between the inner and outer wall. Cavity wall insulation traps warm air in and prevents air from circulating around the cavity.

Internal Wall Insulation



Internal wall insulation adds a comfortable layer of protection on the inside walls in each room of your home, preventing heat loss and helping to maintain temperature control. This is particularly useful for properties which are unable to invest in external wall insulation.

Air Source Heat Pumps



Air source heat pumps are mounted on the wall or on the ground outside of your home and they draw energy from the natural atmosphere around us, converting it into thermal energy to help power your home.

Solar Panels



Solar panels are mounted onto the roof of your home to harness the power of sunlight, transferring it into power for your home, which you can store and utilise as and when you need it. It makes the most of an unlimited energy source - the sun, drastically reducing your reliance on the energy grid.

Boiler Upgrades



Modern A-Rated boilers are super efficient at providing steady warmth throughout the home, throughout the year, using a lot less fuel than older boilers. If your boiler is more than 10 years old, it is worth looking into a boiler upgrade to one which is more efficient, or checking on funding for an air source heat pump.

Frequently asked questions

What is fuel poverty?

A household is considered to be in fuel poverty when it cannot maintain the required payments to keep the home adequately heated. If you spend at least 10% of your income on fuel bills, you are considered to be in fuel poverty.

What is an EPC?

An Energy Performance Certificate (EPC) is a legally valid certificate which provides an energy efficiency rating (rated A-G) in relation to your property's running costs. This rating will take into account the potential energy performance of your home (the fabric) and its services (heating, lighting, hot water, etc).

What is a Home Energy Assessment?

A professional home energy assessment will provide a thorough analysis of your home's energy usage and is conducted by a qualified retrofit assessor. It pinpoints the necessary improvements to reduce fuel costs, lower carbon emissions and enhance your home's overall comfort and wellbeing. It offers tailored recommendations for energy-efficient upgrades.

What is heat loss?

Heat loss is the movement from heat from the inside to the outside of your home. Insulation prevents heat loss keeping the warmth generated from your heating system inside the home, allowing better control over your living conditions.

What is the Energy Company Obligation?

The Energy Company Obligation (ECO) is the government's initiative to help improve the energy efficiency of homes, reducing the country's overall carbon footprint. Energy suppliers are obligated to provide energy-saving measures to fuel poor homes through this scheme.

What is the Great British Insulation Scheme?

The Great British Insulation Scheme (GBIS) is the latest government initiative to help improve the thermal efficiency of buildings by providing installation measures such as loft insulation, funded by homeowners' energy suppliers.

What is ECO4?

ECO4 is the fourth stage of the government's Energy Company Obligation and is specifically targeted at whole house retrofit measures to help improve the energy efficiency of the most vulnerable homes in the country.

What is Net Zero?

Net Zero is when carbon emissions caused by human activity are essentially cancelled out by the amount of activity we are doing to remove carbon from the atmosphere. It is the state in which we can all generate the energy we need without having long-term negative impacts on the environment.

Who are Residential Energy Services?

We're a team of energy experts with many years' experience in domestic retrofit, energy efficiency and construction.



Your local energy advice experts



Supported by



**MIDLANDS
NET ZERO HUB**

**SOCIALLY
GROWN.**



Get in touch

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