

# Energy Advice

A guide to running your  
home for less.

Creating homes. Building lives.



Jigsaw

# Run your home for less

A few simple steps could help you run your home for less money, as well as produce fewer harmful CO2 emissions. More than half of the energy we use at home is used for heating and hot water.



## What can I do?

- Turn your room thermostat down by just 1°C. This could cut your annual heating bill by 10%.
- Close your curtains at night and make sure they are tucked behind the radiators to reduce the amount of heat escaping through your windows.
- Draught proof your window frames, doors, keyholes and letterboxes. 15% of heat loss occurs through draughts.
- Set heating controls so that your property is only heated when you are in the house.
- If you have adjustable radiator valves, turn radiators down to a lower setting in unused rooms, but not off.
- Bleed radiators regularly to ensure they are working at maximum efficiency.
- Drying clothes on radiators blocks heat from warming the room and causes condensation. Dry on a clothes horse/maiden instead.
- Turn the pressure down on the power shower. A high pressure power shower is a great luxury to have but you'd be surprised how much water they use - sometimes even more than a bath.
- Submit regular meter readings to your energy supplier to help keep your bills accurate. Estimated readings can sometimes lead to large bills.



## Electricity & lighting

Our homes contain an increasing number of appliances and gadgets, all of which consume electricity - increasing our bills and emissions. Much of this usage is unnecessary and there are things we can do to reduce our bills with minimal effort.

### What can I do?

- Switching from a 60W bulb to an energy efficient 20W bulb will save you money on your electricity bill.

Energy efficient bulbs last 10 times longer than regular bulbs, which will save you even more money - and they can be recycled making them even more environmentally friendly!

- In the UK we waste £140 million a year by leaving lights on unnecessarily. Remember to turn the lights off when you leave a room.
- The average household wastes money every year by leaving appliances on standby. This amounts to almost £1bn pounds in the UK. Turn things off at the mains when not in use or fully charged, especially overnight.

## Electricity & lighting

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- Make sure pans are on the right size hob or you could waste up to 40% of the heat, and keep lids on to decrease cooking time and reduce condensation.
- Most people overfill the kettle. Boiling the right amount is one of the easiest ways to cut your energy usage.
- Walk around the house and feel windows and doors. If you can feel a draft you could be losing heat. Decent draught-proofing can cut 2% off energy bills.
- Where possible, use your oven less. Other appliances such as microwaves, air fryers and slow cookers use less energy and therefore cost less.
- Money saving expert have a useful guide [www.Moneysaving-expert.com/utilities/energy-saving-tips/](http://www.Moneysaving-expert.com/utilities/energy-saving-tips/)
- Laptop computers use 5 -10 times less energy than desktops.
- Look for appliances with the highest efficiency rating A++ and the energy saving recommended logo.

The EU energy label rates products from A++ (the most efficient) to G (the least efficient) and by law the label must be shown on all refrigeration and laundry appliances and dishwashers.

- Limit washing machine cycles to full loads. This is much more efficient than doing two half loads, even when using half load settings.
- The dryer is one of the most energy intensive appliances in the home. If you must use it, spin or dry clothes as much as you can beforehand so you use it less.
- Defrost freezers regularly and keep them full. If your freezer is not full, then putting newspaper or carrier bags in the gaps saves money by reducing the air space.
- Keep your fridge/freezer at the correct temperature. This is 2 °C to 3 °C for a fridge and -15 °C for a freezer.

# Water

The average person uses 150 litres of water per day for hygiene, drinking, washing and flushing. The energy used in transporting and treating water is energy intensive and generates significant carbon emissions. Climate change leaves the UK at an increased risk of droughts and water shortages so it is important that we are not wasteful with this vital resource.

## What can I do?

If you have a water cylinder you should turn it to 60°C. This is hot enough to kill any harmful bacteria and heat your water sufficiently. If the temperature is any higher it is a waste of energy and there is an increased risk of scalding.

- Avoid letting taps run when brushing your teeth or shaving. 10 minutes of running water a day would waste 22,000 litres per year.
- A dripping tap can waste 140 litres a week - almost enough to fill two baths. Get leaks fixed; report them to us on 0300 011 1144 or 0300 111 1133.
- Washing the car with a hose can use 15 times as much water as using a bucket.
- Short showers use much less water than baths.
- Bottled water has a carbon footprint 1,000 times higher than tap water.
- Let the dishwasher do the dirty work. Avoid pre-rinsing the dishes in hot water. Save water and energy by just scraping the dishes before they go in.



# Condensation and draught-proofing

Draught-proofing windows and external doors along with loft and cavity wall insulation, can help prevent heat loss and keep your home warm for longer.

Retaining the heat in your home will help reduce overall energy consumption and could potentially lower your energy bills.

Condensation is less likely to form in a warm home.

### When draught-proofing:

- Do not draught-proof rooms that have a condensation problem, as they can benefit from extra ventilation
- Do not block permanent ventilators or airbricks that have been installed for heating or heating appliances
- Do not draught-proof rooms where there is a fuel burning heater (gas fire) or cooker
- Do not draught-proof windows in the bathroom and kitchen.
- The steam produced in these rooms needs to escape to prevent condensation build-up.

For more information on preventing condensation build up in your home please visit our website [www.jigsawhomes.org.uk/dealing-with-damp-and-mould/](http://www.jigsawhomes.org.uk/dealing-with-damp-and-mould/)





## Food & shopping

We can save money on our food budget by reducing waste. You might be surprised at the level of emissions generated by the food you eat. Where your food is sourced, the amount of packaging, how you purchase it and how you dispose of waste all has an impact on its carbon footprint.

### What can I do?

- If you do cook too much, make use of leftovers and store them in airtight containers. See recipe ideas at [www.lovefoodhatewaste.com/foods-and-recipes](http://www.lovefoodhatewaste.com/foods-and-recipes).
- If you have garden space you could try growing your own. Put your garden to work and save money. Even if you don't have a garden you could still grow foods such as beetroot, radish and lettuce on your windowsill.

### Shopping

We use around 10 billion plastic bags a year in the UK. Most of these are not recycled and each bag takes approximately 1,000 years to degrade. More than a million birds and hundreds of thousands of mammals and turtles die every year from eating or getting entangled in plastic.

### What can I do?

- Re-using bags reduces the number of plastic bags that end up in landfill, in the oceans and as litter.
- Much of our food comes with excessive plastic packaging that damages the environment; buy loose alternatives if possible. Sometimes loose fruit and veg can work out cheaper. Have a look at prices in pre-packaged product and compare the cost.
- Compost your food waste. This will provide a free fertiliser for your garden and reduce landfill waste.
- Buying food that is in season is usually cheaper, tastes better and has travelled fewer miles.





# Helpful contacts & support

If you need advice or extra guidance to help tackle the rising cost of living, we are here to help.

Our dedicated webpage <https://www.jigsawhomes.org.uk/cost-of-living-advice/> has important information and useful links to services available to support you if you need an extra helping hand.

Below you can find a list of organisations that might be able to offer additional support:

## Consumer

You can call the Citizens Advice consumer line 0808 223 1133 for help and support with debt, income maximisation or about your energy bills or visit their website at <https://www.citizensadvice.org.uk/consumer/energy/energy-supply/>

If you can't hear or speak on the phone, you can type what you want to say: 18001 then 0808 223 1133.

## Debt or money worries

Our experienced Money Advice team is on hand to provide free and impartial advice.  
GroupMoneyAdvice@jigsawhomes.org.uk

If you are struggling with debt it can be difficult to know where to get help that you can trust. The Money helper website, [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk) has a list of free debt advice services that may be able to help including:

### **Stepchange Debt Charity**

[www.stepchange.org.uk](http://www.stepchange.org.uk)  
0800 138 1111

### **PayPlan**

[www.payplan.com](http://www.payplan.com)  
0800 280 2816

### **National Debtline**

[www.nationaldebtline.org](http://www.nationaldebtline.org)  
0808 808 4000

## Income maximisation

You can complete a quick benefits check at home using [www.entitled-to.co.uk](http://www.entitled-to.co.uk) or [www.turn2us.org.uk](http://www.turn2us.org.uk)

If you need help with checking your entitlement or making a claim then contact your local Citizens Advice or phone Adviceline (England) on 0800 144 8848 / Advicelink (Wales) 0800 702 2020



### Emergency food & crisis support

Your local authority should be able to direct you to available crisis support.

To find your nearest food bank visit [www.trusselltrust.org.uk/get-help/find-a-foodbank](http://www.trusselltrust.org.uk/get-help/find-a-foodbank) you will usually need to obtain a food voucher from a local agency or alternatively contact the free helpline on 0808 208 2138 to speak with a trained Citizens Advice adviser.

If you have a smart phone, apps like OLIO and TooGoodToGo will let you know if there is food being sold at low cost near to you.

### Energy efficiency

For guidance on available grants visit [www.simpleenergyadvice.org.uk/grants](http://www.simpleenergyadvice.org.uk/grants) or contact 0800 444 202 for help using the site.

Energy Saving Trust offer guidance on ways to save energy around the

home. Visit their website [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

NEA's Warm and Safe Homes advice service is available Monday - Friday 10-12 on 0800 304 7159.

### Other

If you smell gas or suspect a gas leak call the National Gas Emergency Service 24 hours a day on 0800 111 999. If you are D/deaf or hard of hearing a text phone service is available on 18001 then 0800 371 787.

If you have a power cut call the national power cut line on 105. Most fire services offer a Safe and Well visit, also called a Home fire safety visit, especially for people who might be at higher risk such as people with health conditions or young children in the home. Contact your local fire service for more information. They will check your home for any fire risks and offer advice and guidance on how to reduce those risks.

# Getting in touch

Jigsaw Homes North:  
T: 0300 111 1133

Jigsaw Homes Tameside:  
T: 0300 011 1144

Jigsaw Homes Midlands:  
T: 0300 011 1144

[www.jigsawhomes.org.uk](http://www.jigsawhomes.org.uk)



Arabic

هذه الوثيقة متاحة باللغة العربية عند الطلب.

Bengali

অনুবোধ করলে এই ডকুমেন্টটি বাংলা ভে ও উপলব্ধ

Farsi

این مدرک در صورت درخواست به فارسی موجود است.

Kurdish

ئەم بەلگەییە بە پێی داواکاری بە زمانی کوردی ش دەس دەگهویت

Polish

Dokument ten jest na życzenie udostępniany w języku polskim.

Urdu

درخواست پر یہ دستاویز اردو میں بھی مل سکتی ہے۔

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