

Energy and Water Saving Advice



nationalgrid



Take action to reduce your bills and impact on the environment



By reducing consumption of energy and water, households can reduce costs and their impact on the environment.

We've put together some free steps on how to reduce your consumption, a list of home improvements that can save you money on your annual bills, and information about energy grants, schemes and services.

If you are a tenant, speak to your landlord – you have the right to live in a warm and affordable home. There is information available for both tenants and landlords on how to make a property more energy efficient.

[Energy efficiency guide for landlords – Energy Saving Trust](#)

[Energy efficiency guide for tenants – Energy Saving Trust](#)

Free energy and water saving tips...

When washing up, washing or drying by machine, try to fully load the appliance.

One full load uses less energy than two half loads.



Turn taps off properly. In a single week, a dripping hot tap can waste enough hot water to fill half a bath.



Use a timer on your central heating system – understand and use heating controls to heat the rooms you use.

Get smart energy meters and a water meter installed – this will allow you to monitor your spend and usage more efficiently.

Close your curtains at night to stop heat from escaping through the windows. Check for draughts and move furniture away from radiators.

A running tap can use more than 10L of water a minute, so turn it off while brushing your teeth, shaving, or washing your face.



Always turn off the light when you leave a room.

Collect rainwater in a water butt or buckets and use a watering can rather than hose.



By turning off appliances and avoiding standby, you could save between £50 and £80 per year.



Only boil the water you need and remember, it's cheaper to use the kettle to boil water than an electric hob.

Did you know?...



You can save money if you use thermostatic radiator valves (TRVs) because they allow you to heat individual rooms to different temperatures. You may want to keep your living room much warmer than rooms you use less often, like the bathroom. In rooms you don't use as much, you could reduce the valve low enough to prevent any damp or condensation problems occurring and turn it back up when needed.

You could save water and energy by taking shorter showers and having less baths. If you spend a minute less in the shower you'll save water and could save between £5 to £10 a year on energy. Swapping just one bath a week with a 4-minute shower could save you £20 a year on your energy bills – and an extra £11 on your water bills too!

Appliances that heat things up tend to use the most electricity. By letting your hair dry naturally and limiting how much you use these appliances, you can save money on your bills.

If you lower the flow temperature on your combi boiler from 80° to 60° you can save between 6-8% on your heating bill. If it's lower than 60°, efficiency will be lost. You should only turn down the flow temperature if you have a combi boiler. If you've got a boiler with a separate hot water tank, leave it because adjusting the setting could allow bacteria to grow. **See how to tweak your boiler settings to save money.**

Low-cost measures

There are a number of low-cost energy measures you can take to make your home more energy efficient. Taking these steps can have a positive impact on the environment and can save you money on your household bills.



01

Insulate your hot water tank – A hot water cylinder jacket should be 80mm thick and could save you £30 a year. It would cost around £20 and is something you can fit yourself.

02

Installing reflective radiator panels could save you £35 each year, and would cost around £40 for 5 radiators. These reflect heat back into a room, keeping you warmer for less money.

03

Draught proofing of windows and doors, and blocking cracks in floors and skirting boards, could save you £125 a year, and would cost £20-£50.

04

Switching to a water efficient shower head can reduce your water usage by around 40L a day as well as reducing energy consumption.

05

By **using energy efficient LED lightbulbs** you could lower your electricity bill and reduce carbon dioxide emissions by up to 40kg/year. For an average UK household, replacing all your bulbs with LEDs could save you £65 a year, and would cost around £90.

Investing to save money on annual bills

Most of the money we spend on household bills goes towards supplying heat, power, water and light to our homes. By investing money in our properties, there are a number of energy saving measures that can create long-term savings on annual bills and benefits to our environment.



01

Boilers become less efficient the older they get, resulting in higher heating bills. **Replacing an old boiler** will reduce the cost of your heating and save up to £350 and 1500kg of carbon dioxide per year.

02

Loft insulation is a simple way to reduce your heating bills. It is effective for at least 40 years and could potentially save up to £180 per year.

03

The average semi-detached house loses around 35% of its heat through the walls. **Cavity wall insulation** can save up to 15% on heating costs – between £140 and £490 per year.

04

Making your windows more energy efficient will reduce your energy bills and lower your carbon footprint. Fitting **double glazing** could save up to £180 per year.

05

Installing low-carbon alternatives to gas and electricity, such as solar panels and heat pumps, can have a positive impact environmentally and financially.

Supporting You

Helping with bills...

Support is available to help households with their bills including gas, electricity and water costs.

[Click here for more information](#)

Did you know? Every water company has a social tariff scheme which can help reduce your bills if you're on a low income. Eligibility for help and the level of support varies depending on your water company.



Winter Fuel Payment

A fuel payment for people born on or before 25 September 1956.



Warm Home Discount

A discount which is available for some people getting Pension Credit or some people in low-income households.

Winter Fuel Support Scheme

An annual payment for Welsh households in receipt of certain benefits.



Speak to your energy and water supplier to discuss meter readings, tariffs, direct debits and difficulties in paying before any debt builds up.

If you are living in Wales and are unsure what benefits you can claim, Advicelink Cymru can help you check and claim what's yours.

gov.wales/claim-whats-yours

Household Support Fund

A funding package to help vulnerable households. Contact your local council for advice and help on accessing the fund.

Grants, schemes and services...

Did you know? Every gas, water and electricity supplier – the companies you pay your bills to – and your electricity distribution network, has what's called a Priority Services Register (PSR), which is a free support service for people who might need some extra help in a power cut or water outage.



Many companies offer schemes or grants to help with home heating and energy costs, which will help save you money on your bills by making your home more energy efficient.

The grants, schemes and services available support free or subsidised energy saving measures and aim to help households who are in need of additional support.

Energy Company Obligation (ECO)

Check with your supplier if they are offering any grants, schemes or services.

Local authority

Local authorities may have ECO funding available or other funding sources for residents.

NEST (Wales)

Welsh Government scheme providing energy advice and funding for energy measures.

Boiler upgrade scheme

What is the Boiler Upgrade Scheme? See Energy Saving Trust – [click here](#) for more information.

Simple Energy Advice

UK government site working with the Energy Saving Trust – carry out your own household energy efficiency check.

Environmental benefits and impact

You can help reduce our overall carbon footprint and help lead the way to a net-zero and sustainable society by adopting and implementing energy efficiency measures – whether they are low cost or longer term investments.

A typical domestic property uses around 12,000kwh of gas and 2900kwh of electricity each year.

This releases into the atmosphere:

2532kg of CO₂ for gas

612kg of CO₂ for electricity.

If you saved 10% of energy, you could save over 300kg of CO₂.

If you halved your daily shower time from 10 minutes to 5 minutes, you could save 18,250 litres of water a year.



Sources



- ▶ **Ofgem**
- ▶ **Centre of Sustainable Energy (CSE)**
- ▶ **Citizens Advice**
- ▶ **Energy Saving Trust**
- ▶ **Simple Energy Advice**
- ▶ **Welsh Government**
- ▶ **Cadent**
- ▶ **National Grid**
- ▶ **Get Water Fit**
- ▶ **Bristol Water**



nationalgrid

