

# Top ten energy saving tips.

Save more energy.  
Save more money.



Reducing energy consumption around your home is simple. By taking just a few small steps to make your home more energy efficient, you'll not only save money on your bills, but will also be doing your bit for the environment too.

Anglian Home Improvements has teamed up with TV presenter Philippa Forester and the Energy Saving Trust (EST), to produce this easy-to-follow energy saving guide.

Start energy saving today – these top tips reveal some very simple, practical ways you can make a difference, combined with some examples that will not only save energy, but also money too.

## Stand up and be counted!

Sign up to the window scrappage scheme now at:

<http://petitions.number10.gov.uk/windowscrappage>

See inside for more details.

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[www.anglianhome.co.uk](http://www.anglianhome.co.uk)



"Follow these simple tips to increase the energy efficiency of your home. I've added some very practical ways you too can make a difference simply and easily to start energy saving today."

01

## Do a free Home Energy Check

Visit the Energy Saving Trust website [www.energysavingtrust.org.uk/check](http://www.energysavingtrust.org.uk/check) to see how much money you can save on your annual fuel bill; it could be up to £300 a year.

02

## Insulate your home

You can drastically reduce your heating bills by insulating your loft to reduce heat loss. It's an easy and cheap way to really improve the energy efficiency of your home and all good DIY shops sell good-value installation products.

03

## Invest in good quality double glazing and sign the windows scrappage petition

Good quality double glazing, such as the B-rated standard windows from Anglian Home Improvements, cuts heat loss through windows by up to a half and your heating bills by around £135 a year<sup>1</sup>. Show your support for the windows scrappage scheme by signing the petition which has been set up through the ePetition Scheme on the official website of the Prime Minister's office at <http://petitions.number10.gov.uk/windowscrappage>

"Don't forget draught excluders, for the bottoms of doors, there are lots of fun and beautiful ones to buy or they are really easy to make. Cutting out a cold draught at that level especially makes a big difference if you have children who are sitting or playing on the floor."



04

## Replace your boiler

Replace your old boiler. You could save up to a whopping 33% on your heating bill if you invest in a new high efficiency condenser boiler.

"Use a steamer when you cook, a towering steamer means that only one hob needs to be used for several different vegetables. Try to use local produce and buy in bulk to reduce trips to the shops and transport costs. If it's practical, think about installing a wood burning stove, burning wood is carbon neutral. Modern wood burning stoves are really efficient, we heated most of our house with one last year and saved a fortune in oil."



"If you are having new curtains think about interlining, it is fleecy material which goes between the curtain fabric and the lining, doesn't cost much extra is another layer of insulation in your house and plumps up your curtains to make them look luscious."



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<sup>1</sup>Based on a gas heated, three bed semi-detached house replacing all single glazed windows with C-rated double glazing.

05

## Switch to energy saving light bulbs

Good quality energy saving light bulbs use less electricity than normal bulbs and last 10 times longer. Each energy saving light bulb you install saves on average around £3 on your annual electricity bill and around £6 for brighter or more frequently used bulbs. Changing all of the bulbs in your home can save around £50 per year.

06

## Switch off your appliances

Why not do a standby run of your house, wander around each room and have a look at all the equipment on standby, you will be amazed. You need to leave the fridge on but what about the digital display shining out from the washing machine? Don't leave appliances, such as TVs, radios and computers on standby. And don't leave your mobile phone charger on charge when you're not using it.

*"Think about saving money at the same time, just turning your microwave off at mains can save you quite a bit of money if you add it up over the course of a year."*

07

## Turn your thermostat down

As the winter begins take another look at your thermostat and programmer before you simply switch the heating to on. Turning your thermostat down by just 1°C could cut your heating bills by an impressive 10%.

08

## Turn off your lights

To reduce energy wastage, always remember to turn off the light when you leave a room.

*"Take a look at your programmes again, do you really need the heating to be on as often? Are you on the most efficient programme for your life? Or is the heating coming on when you are at work? Don't forget you are saving money and global warming by cutting back. Have a beautiful soft blanket over the back of the sofa, they are so nice to cuddle in to in the evening and as the seasons change when the evenings are cool but the days are still warm you can leave another couple of weeks before you turn the heating on."*

09

## Call your local Energy Saving Trust advice centre

on **0800 512 012** for free impartial advice – for example if your loft is not insulated (or needs topping-up to the recommended 270mm depth) they will be able to tell you where your nearest installer is and what kind of grants and offers are available.

10

## Check the "Guide to Energy Saving Grants and Offers"

Read the "Guide to Energy Saving Grants and Offers" to see if you're eligible for any financial help with energy saving home-improvements:  
[www.energysavingtrust.org.uk/guidetogrants](http://www.energysavingtrust.org.uk/guidetogrants)

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Anglian Home Improvements, in support of this year's Energy Saving Week (19th – 25th October), is drawing attention to the amount of energy wasted through uninsulated windows in UK homes, supporting the theme of this year's Energy Saving Week which is 'waste'.

In an uninsulated house 18% of energy is lost through the windows. Householders are literally throwing cash out the window, as the average house can save around £135 a year on energy bills if single glazing throughout the whole house is replaced with double glazing\*.

The Energy Saving Trust recommends Anglian Home Improvements double glazing to prevent energy seeping out of the home. Anglian windows are B-rated as standard, providing greater energy efficiency in the home; A-rated is also available as an optional upgrade helping homeowners to stop wasting money and energy.

You can also download this guide in PDF format and find out more about Anglian products at the Anglian Home Improvements website [www.anglianhome.co.uk](http://www.anglianhome.co.uk)

"We hear a lot in the news and on TV about the need to conserve energy and to become more energy efficient. Sometimes it can be daunting and feel a bit like information overload.

But there are so many easy and very simple ways we can all help save energy and make our homes more energy efficient.

By making energy-saving improvements, such as installing quality double-glazing, loft insulation or something as simple as an energy saving light bulb, homeowners can really slash their costs whilst helping the environment at the same time. Everyone benefits.

Take a look at the tips in this leaflet for inspiration and help make a difference to your home, wallet and the planet at the same time."

**Philippa Forester**



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energy saving week™

\* Statistics from Energy Saving Trust 2009.