



Your guide to saving energy at home

Hints and tips to reduce your household costs



Save Energy, Save Money

We all want to save money, especially with rising energy costs. The good news is that there are small, simple changes you can make at home that can quickly add up to real savings. Produced in partnership with Cadent, the UK's biggest gas distribution network.

The tips in this guide are based on trusted advice from organisations such as the Energy Saving Trust and government guidance. Many of them are free, easy to do, and can start saving you money straight away.

For more advice, visit:

[Energysavingtrust.org.uk](https://energysavingtrust.org.uk)
www.gov.uk

Quick Wins for Energy Savings

These simple actions can save you money every day:

- Turn appliances off at the plug instead of leaving them on standby (**can save around £45 a year**)
- Switch lights off when leaving a room
- Only boil the water you need in the kettle
- Unplug chargers when not in use

Energy Efficient Cooking

Cooking habits can make a big difference to your bills:

- Use pan lids to keep heat in and reduce cooking time
- Use microwaves, slow cookers or air fryers, which generally use less energy than ovens
- Cook multiple meals at once to make full use of your oven
- Avoid opening the oven door to reduce heat escaping
- Batch cook and freeze meals to save time and energy





Heating, Washing and Drying

Heating and hot water make up the largest part of most energy bills, so small changes here can make a big impact:

- Turn your thermostat down by 1°C, this can save around **£90 per year**
- Keep your home at a safe temperature (around 18–21°C)
- Wash clothes at **30°C** this uses significantly less energy
- Only run washing machines and dishwashers when full
- Air dry clothes instead of using a tumble dryer if possible
- Using appliances efficiently can save around **£27 a year** on washing alone

Lighting & Appliances

- Switch to LED bulbs, which use less electricity and last longer
- Avoid leaving devices on standby
- Use energy-efficient devices like laptops instead of desktops

Keeping Your Home Warm

Keeping heat in your home reduces how much energy you need to use:

- Draught-proof doors and windows to stop heat escaping
- Insulate your loft, walls and pipes
- Use radiator reflector panels to push heat back into the room
- Add insulation jackets to hot water tanks
- Heating accounts for over half of household energy use, so improving insulation can lead to significant savings

Saving Water & Reducing Bills

- Take shorter showers – reducing by 1 minute can save money
- Shower instead of taking a bath
- Use a washing-up bowl instead of a running tap
- Install a low flow shower head or tap aerator
- Cutting shower time to just 4 minutes can save around **£45 per year**

Saving Money on Food

Smart Shopping

- Plan meals and stick to a shopping list
- Choose supermarket own brands
- Compare prices per unit for better value
- Use frozen or tinned foods to reduce waste



Preparing Food Efficiently

- Batch cook meals and freeze leftovers
- Turn leftovers into new meals (e.g. roast chicken → soup)
- Bulk meals out with lentils, beans or vegetables

Smart Shopping – Extra Tips

- Buy seasonal produce – fruit and vegetables are usually cheaper when they are in season and often fresher
- Try discount supermarkets or local markets where prices can be lower than larger stores
- Avoid convenience foods (pre chopped veg, ready meals) as these are often more expensive
- Use cashback apps or vouchers where available to reduce the cost of your shop



Helpful tool:

Use **Foodbank Chef, BBC Good Food** (online tools) to create recipes from ingredients you already have.

Additional money saving tips

Mobile, Broadband & Bills

Mobile Phones

- Consider SIM only deals (that's where you own your own phone) or Pay As You Go
- Avoid paying for more data than you need
- Compare deals regularly

Broadband Savings

If you receive benefits, you may be eligible for discounted broadband (social tariffs):

Find out more at: www.ofcom.org.uk

- These deals can cost as little as £12–£15 per month and save over **£180 a year**

TV Licence

You only need a TV licence if you:

- Watch or record live TV, or
- Use BBC iPlayer



Check if you need one:

www.moneysavingexpert.com

You don't need one for Netflix, ITVX or other on-demand services

Council Tax Support

You may qualify for discounts if you:

- Live alone
- Are a student or care leaver
- Have a disability or health condition

If you're on a low income or benefits, contact the Council's Welfare Support Team to check eligibility. See final page 11 for contact information.

School Uniform Savings

Visit your local School Uniform Swap Shops, for a full listing and address/opening times visit www.hinckley-bosworth.gov.uk/uniformswap

Stay Safe: Carbon Monoxide Awareness

Carbon Monoxide (CO) is a dangerous gas you cannot see, smell or taste.

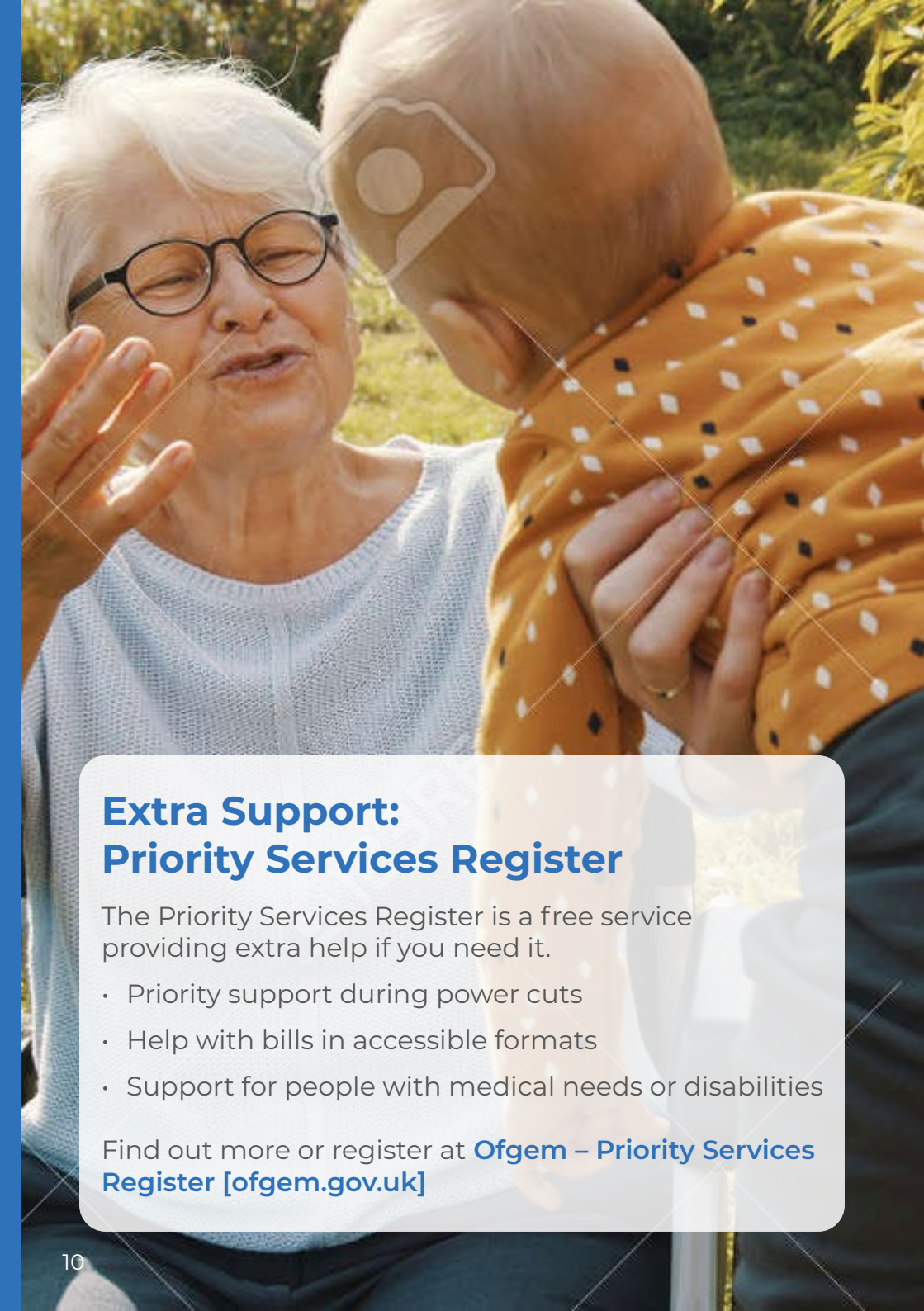
Symptoms include:

- Headaches
- Dizziness
- Nausea
- Breathlessness

If you suspect CO:

- Open windows and doors
- Go outside immediately
- Call 0800 111 999

Contact the Welfare Support Team to request a free CO alarm.



Extra Support: Priority Services Register

The Priority Services Register is a free service providing extra help if you need it.

- Priority support during power cuts
- Help with bills in accessible formats
- Support for people with medical needs or disabilities

Find out more or register at [Ofgem – Priority Services Register \[ofgem.gov.uk\]](https://www.ofgem.gov.uk/priority-services-register)

Take Action Today!

Small changes can make
a big difference.

Start with a few of these
tips and build from there
you'll soon notice the
savings.



Scan the
QR code

Or call the Welfare Team
01455 238141 for for
support and advice.



For support and advice visit:
www.hinckley-bosworth.gov.uk/costoflivingsupport
Or call the Welfare Team **01455 238141**