

# 10 ways to save money and be more energy efficient

1

## Check your Energy Performance Certificate

to see if there are ways of improving the energy efficiency of your property. You may be eligible for a grant or scheme to do this.

[www.gov.uk/find-energy-certificate](http://www.gov.uk/find-energy-certificate)

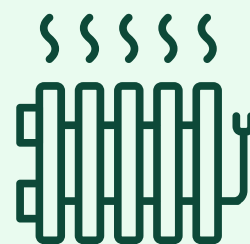
[www.connectedforwarmth.org.uk/insulation](http://www.connectedforwarmth.org.uk/insulation)



2

## Have you got your heating thermostat set too high?

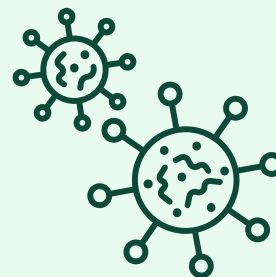
It only needs to be between 18 and 20 degrees Centigrade for maximum comfort and to minimise potential health risks.



3

## Have you got damp and/or mould?

Shut kitchen and bathroom doors when cooking or showering, and ensure that these rooms are ventilated to avoid a build-up of moisture. Use an anti-fungal spray to remove any mould, and use an antifungal paint when it is dry.



4

## Use an air fryer, microwave, or slow cooker

more often instead of the hob or oven when cooking smaller meals.



5

Do regular meter reads if you do not have a smart meter, as estimated bills can be very costly and inaccurate.



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**Get your central heating boiler serviced every 12 months.** Spend around £75 for the service to potentially save you £4,000 on a new replacement boiler.



7

**Be careful to minimise the use of some of the most expensive appliances used in the home,** such as electric showers, tumble dryers and plug-in heaters.



8

**Look at the temperature setting on your fridge and freezer.** It should be 5 degrees Centigrade for your Fridge and -18 degrees Centigrade for your Freezer. Any lower, it could be costing you more money unnecessarily.



9

**Purchase a high-pressure shower head to reduce your water bill,** and try to reduce the length of time you spend in there. Cutting down to a 4-minute electric shower could save you around £100 per person per year.



10

**Draughtproof your home.** Purchase draught excluders and tape to plug the gaps underneath doors and in draughty windows. Reflective radiator panels can be fitted behind radiators on exterior walls to reflect heat back into the room.



You can contact our friendly team if you have specific energy related questions: **Warmer Derby & Derbyshire 0800 677 1332 | [wdd@mea.org.uk](mailto:wdd@mea.org.uk)**



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