

# Your guide to saving energy at home

## RESIDENT INFORMATION



 Sanctuary  
Group

# Sanctuary has some tips to help you save money and be more energy efficient around your home

Making your home as energy efficient as possible could save you around £300 a year on your fuel bills and will help reduce carbon emissions that are harmful to the environment. We hope you find these hints and tips useful.

## Water saving tips

- Turn off taps fully. In just one day, a dripping hot water tap wastes enough energy and water to fill a bath.
- Keep the water cylinder cosy by fitting a lagging jacket. This will cost between £10 and £15 and will pay for itself within a year.
- Don't leave the tap running when you are cleaning your teeth or shaving.
- Use the sink plug when washing your hands, rather than running water.
- If your water gets too hot set your cylinder thermostat to 60°C/140°F. This should provide the perfect temperature for washing and bathing.
- Use the half load or economy settings on your washing machine, tumble dryer and dishwasher if you do not have enough for a full load.
- When boiling the kettle, only use as much water as you need (remember to cover the heating element with water if you are using an electric kettle).
- If possible, have showers instead of baths.
- Don't have the bath water too deep. A typical bath can use up to 80 litres, while a shower only uses a third of that amount.
- Use a washing up bowl in the kitchen sink.
- Rinse hand-washed dishes under cold rather than hot water.
- If you use electricity to heat your water, check your off-peak rates which can be substantially cheaper than the peak or day rate. Speak to your electricity supplier for more information and check you are on the correct rate.
- Use a Hippo – the water saver device in your toilet cistern – to reduce the amount of water used each time you flush. Most water companies provide their customers with a free Hippo on request. Alternatively, you can buy directly from the supplier. Call 01989 766667 or visit [www.hippo-the-watersaver.co.uk](http://www.hippo-the-watersaver.co.uk).

# Control your heating

You can cut the amount of energy you use through your central heating controls. These include:

- thermostats for heating and hot water
- radiator valves with thermostats included
- electronic timers.



## Taking a few simple steps can save you money:

- Make sure you know how to use the heating temperature controls, so you can control the temperature as and when you need to.
- Ensure your thermostatic radiator valves are set correctly, if you have them. These allow you to set different temperatures in different rooms.

## Turn your central heating down by one degree and cut your heating bills by up to 10%.

- It is recommended that you keep the temperature between 18°C / 65°F and 21°C / 70°F.
- If you are elderly or in poor health, you should keep the temperature at 21°C / 70°F.
- Do not leave an immersion heater on all the time.

- Using a thicker duvet is more efficient than keeping the heating on throughout the night.

## Other ways to keep heat in include:

- Close the curtains at dusk and tuck them behind any radiators (except gas wall heaters).
- Move furniture that blocks heat from radiators.
- Cover up draughty gaps around letter boxes, key holes and doors.
- Open internal doors of rooms which get most of the sunlight to allow warm air to travel through and heat your home naturally.

Your heating instructions are included in your tenant pack. If the instructions are missing or you are unsure how to use your heating system please call your repairs helpline.

# Electrical appliances energy saving tips

- If you need to buy a new appliance try and make sure it is 'A' rated.
- Turn appliances off standby. The average household wastes £30 a year simply by leaving appliances on standby. If a charger or power pack is warm or has a light on it is probably using power.



## Energy saving tips for washing and drying clothes

- Buy the right sized washing machine for your household. Here's a guide:

Number of people	Weight kg
Single person	Less than 4.9
Couple without children	5 - 5.4
Family with two children	5.5 - 5.9
Family with three to four children	6 plus

- Washing clothes at 30°C can be just as effective for a normally soiled load and uses almost half the energy.

- Avoid tumble drying your clothes, instead dry clothes outdoors if possible. (When drying indoors open a window to avoid condensation.)
- When tumble drying, spin-dry or wring out the clothes first and remember to clean out the fluff filter as this improves the efficiency of the dryer.
- Use the half load or economy settings for small loads.



# Energy saving tips in the kitchen

## Fridge

- Don't leave the fridge door open for longer than necessary. For every minute that the fridge door is open, it will take three minutes for it to regain its cool temperature.
- Defrost your fridge and freezer regularly and keep the back clean and free from dust so they work more efficiently.
- Keep your fridge away from other heat sources, as it makes them work harder.
- When replacing your fridge and freezer, if it is practical choose a fridge freezer. Placing a separate fridge and freezer side by side is less energy efficient.

## Dishwashers

- Purchase the right dishwasher for your needs. Dishwashers are sold by place settings, for example a single person would require a nine place while a family would need a 12 place setting.
- Run dishwashers at full load.
- Use the dishwasher's economy setting for dishes that are not too dirty.



## Cooking

- Opening your oven door during cooking to check if food is ready reduces its temperature by 25 degrees.
- Correctly match pot sizes to the size of the ring (don't place a small pan on a large ring).
- Use lids on saucepans to speed up the cooking time.
- As soon as a pan is boiling, turn it down to simmer.
- Leave food to defrost before cooking as this uses less energy than cooking from frozen.
- Use an electric toaster rather than a grill.

## Lighting energy saving tips



- Don't use higher wattage bulbs than you need.
- Switch off the lights when you leave the room.
- If outside lights are left on over night install a low energy bulb and a light sensitivity sensor so they stay off during the day.
- If you have outside halogen security lights use a motion detector to save wasting energy.

## Running costs for household appliances

Appliance type typical use	Max Power	Standby Power	Annual Cost
'A' rated fridge Average family use	120w	n/a	£15
20 year old fridge or G rated Average family use	150w	n/a	£55
'A' rated washing machine 4 times per week @ 40 degrees	3000w	5w	£22
'A' rated dish washer Daily use	1050w	n/a	£37
Tumble dryer 4 times per week	2500w	n/a	£70
Electric kettle 5 x 4 mins per day	2200w	n/a	£27
Steam iron 2 x 2 hrs per week	1800w	n/a	£38
Electric shower 2 x 10 mins per day	10500w	n/a	£118
42" plasma TV 4 hrs per day + 20hrs standby	280w	3w	£44
Satellite/cable digi box 24hrs per day	40w	9w	£35
Games console 24 hrs per day	45w	5w	£39
Desktop PC + CRT monitor 4 hrs per day + 20 hrs standby	200w	30w	£61
Ordinary tungsten bulb 4 hrs per day	100w	n/a	£22
Low energy light bulb 4 hrs per day	20w	n/a	£4



# Find out more about saving energy in your home

## Energy Centre

Contact your local centre for detailed energy advice tailored to your needs. Call 0800 512012 to find your local Energy Centre. For more information please visit the Energy Saving Trust's website [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

## Got some energy tips of your own?

Perhaps you have some energy saving tips of your own – if so, why not share them with us? Send your energy saving ideas to:

### Janine Crockett

Tel: 01905 334088

[janine.Crockett@sanctuary-housing.co.uk](mailto:janine.Crockett@sanctuary-housing.co.uk)

### Lucy Frayne

Tel: 01905 334140

[Lucy.Frayne@sanctuary-housing.co.uk](mailto:Lucy.Frayne@sanctuary-housing.co.uk)

Or write to:

Janine Crockett

Sanctuary Group, Sanctuary House,

Chamber Court, Castle Street,

Worcester WR1 3ZQ

Note: cost savings quoted are correct at time of print.



This leaflet can be translated into other languages, large print and Braille, or recorded onto an audio CD. Please contact your local office for details. This will be made available to you within eight weeks.



Sanctuary Group  
Sanctuary House  
Chamber Court  
Castle Street  
Worcester  
WR1 3ZQ

Tel: 01905 334000  
Fax: 01905 334958

**[www.sanctuary-group.co.uk](http://www.sanctuary-group.co.uk)**

Sanctuary Group is a trading name of Sanctuary Housing Association, an exempt charity.