

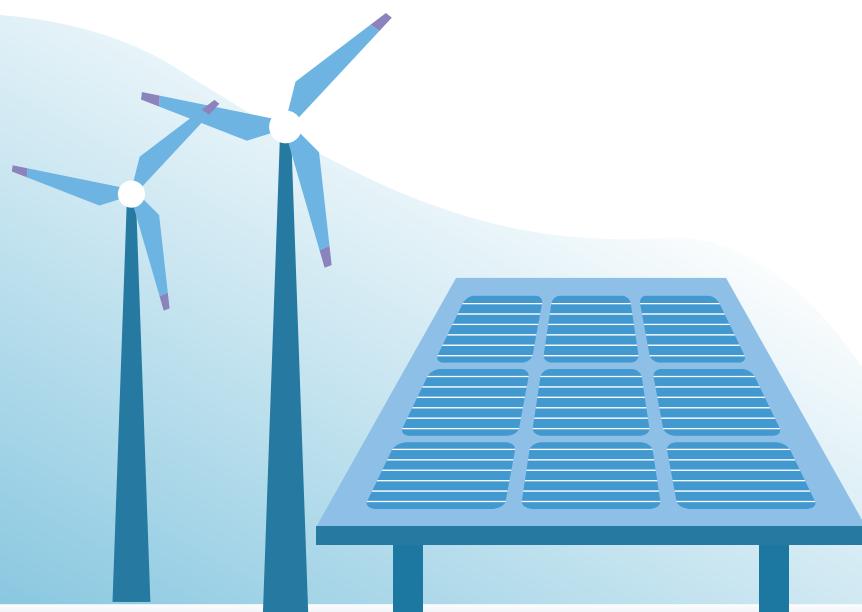
Dodd Group

ENERGY SAVING TIPS

to help reduce your bills

CONTENTS

What is this leaflet for?	3
Outside	4-5
Living Room	6-7
Kitchen	8-9
Bathroom	10-11
Bedroom	12-13
A few other tips	14
Manufacturers	15
Helpful resources	16-17



WHAT IS THIS LEAFLET FOR?

Dodd Group has been a family run business ever since we were first formed in 1947, and as such, we have never forgotten the importance of family values and home life. We therefore strive to provide you, our customers, with various lines of support and care even after we have finished installing, maintaining and repairing appliances in your home. Helping you to **save money when it comes to your energy bills**, is part of that.



This leaflet contains top tips for saving money and squeezing each drop of energy from our systems / appliances, giving you better control over your precious pounds and pennies.

OUTSIDE*

INSTALL LOFT INSULATION

This can make a huge difference to your energy bills, plus it's inexpensive and easy to install. Suppliers such as EDF Energy recommend insulation that's at least 270mm thick.

INSTALL WALL INSULATION

1/3 of heat escapes through your walls. There are different types of insulation depending on whether you have Solid Walls or Cavity Walls.

SOLID WALLS

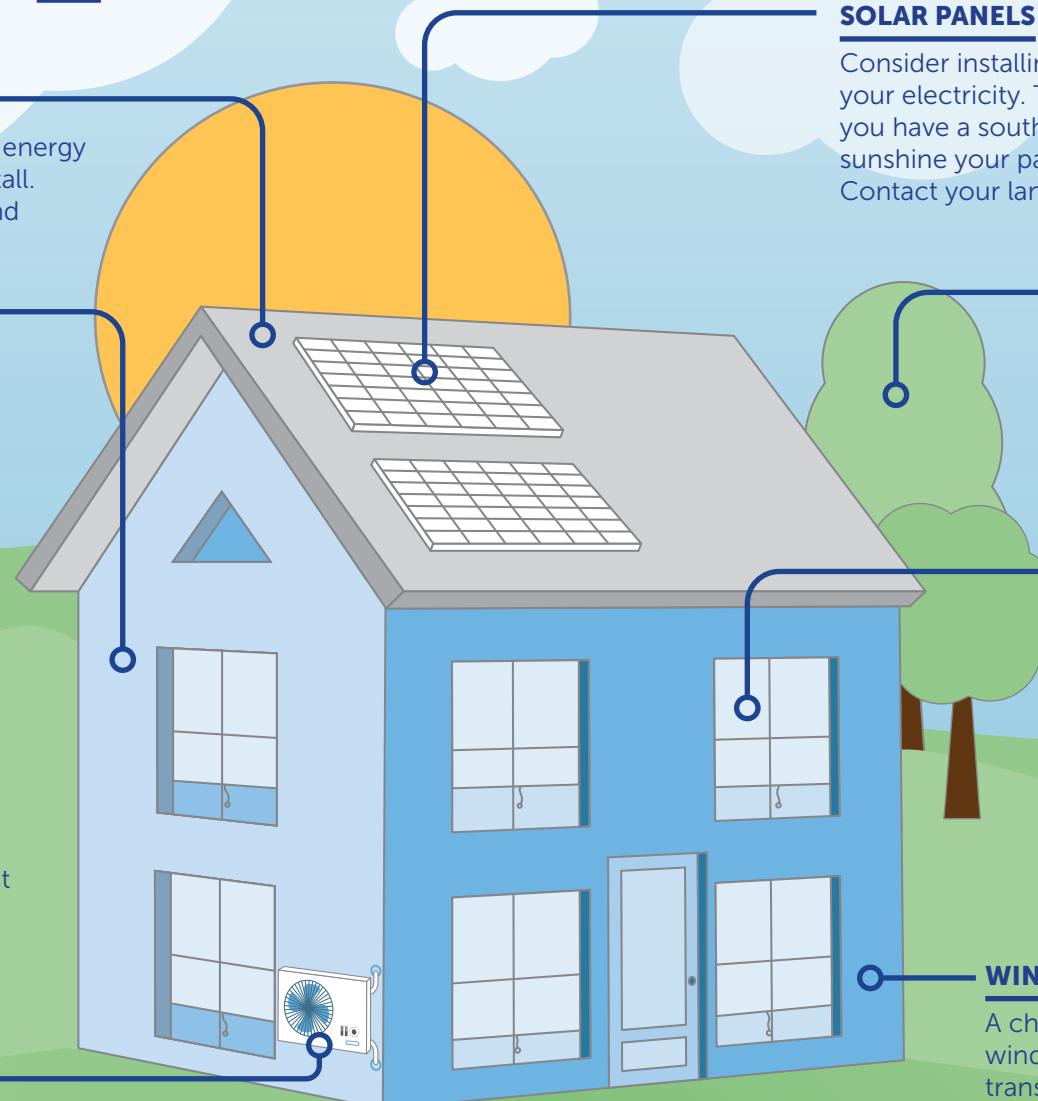
If your home was built before the 1920s, it is most likely to have solid walls rather than cavity walls. This means they have no gap which you can fill. Your options in this case are plasterboard backed with an insulating material such as foam.

CAVITY WALLS

Cavity walls are made from 2 layers with a narrow gap in between. Hire a specialist company and registered installer who will drill holes in the walls and inject insulation material (usually mineral wool beads or polyurethane foam).

AIR SOURCE HEAT PUMPS

ASHPs are a renewable technology which you can use to heat and cool your home. They do not require fuel to run and can save £350-£700 per year (figures from Greenmatch).



SOLAR PANELS

Consider installing solar panels to generate part of your electricity. This is a particularly useful strategy if you have a south facing garden due to the amount of sunshine your panels will be able to soak up in a day. Contact your landlord to see if funding is available.

THE GARDEN

When it comes to the garden, set out buckets to catch rain water instead of using hoses and try growing your own food to pick fresh when you need it.

DOUBLE GLAZED WINDOWS

Stevenage Glass have calculated that between 18-25% of heat can be lost through windows which are not energy efficient. Double glazed windows prevent heat transferring from one side of the window to the other, giving you better control of your internal home temperature.

WINDOW INSULATION FILM

A cheaper alternative to double glazed windows. Some films reduce heat transfer by 50%.

* some measures may only be available to you via your landlord as they have responsibility for the outside of your home.

LIVING ROOM

HANG CURTAINS

They reduce the amount of air exchange between a cold window and the rest of the room. High quality curtains can reduce heat loss by around 40%!

LED LIGHTING

Make a change to LED bulbs, which use less wattage. In some cases, LED lights can save lighting-related energy consumption by as much as 75%. Also, they do not generate heat which will make them safer for your home.

RADIATOR REFLECTORS

If you have radiators backed onto outside walls, heat can escape. Purpose made reflectors, made of foil and a thin layer of insulation, can help prevent this and keep heat on the inside of your walls. Radflek reflectors reflect a staggering 95% of the wasted heat emanating from the back of your radiators and therefore reduce overall heat-loss in the room by 45%.

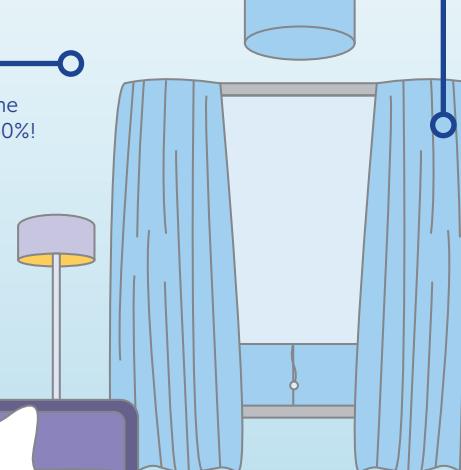
BLEED YOUR RADIATORS

Bleed your radiators at least every 6 months to remove small pockets of air which get lodged in your radiators. Surface area in contact with these air pockets will not heat up, so the air needs bleeding out to make room for water.

* If you are renting, these options will fall under landlord jurisdiction and responsibility

THE LIGHTS

Turn off all lights when you leave the room.



CARPETS / RUGS

If you do not have carpets in your room, lay a rug or carpet to offer insulation and keep your room cosy.

DRAUGHT PROOFING

Block the edges around your door frames and windows with draught excluders. Even draught proof letter boxes with a seal around the outside and brush on the inside will keep heat inside your home.

THERMOSTAT*

Your room thermostat should be set to the lowest comfortable temperature to avoid rooms getting hotter than necessary; for most people, this should be around 18°C and 21°C. If you do not have one, consider having a licenced electrician install one for you as they prevent energy waste and therefore higher bills.

SMART METERS*

Talk to your landlords about the use of smart meters as this will fall under their jurisdiction; a smart control can be retrofitted to your existing boiler and, when installed, can help you to ensure you are use exactly the right amount of energy needed for your home. Even a 1°C reduction can mean annual savings of up to £80!

TELEVISION

Turn off your TV at the plug rather than leaving on standby.

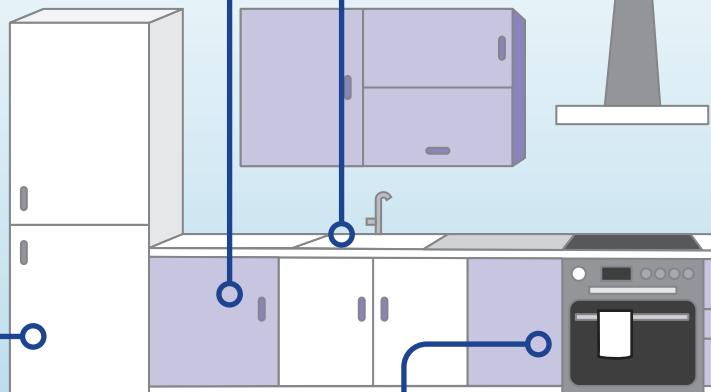
DRAUGHT EXCLUDERS

Use draught excluders to prevent draughty air from creeping in under your doors and chilling your room temperature. Draught proofing windows and doors can save around £45 in energy per year.

KITCHEN

WASHING MACHINE

Wash your clothes at a lower temperature - washing at 30°C instead of 40°C uses 40% less electricity.

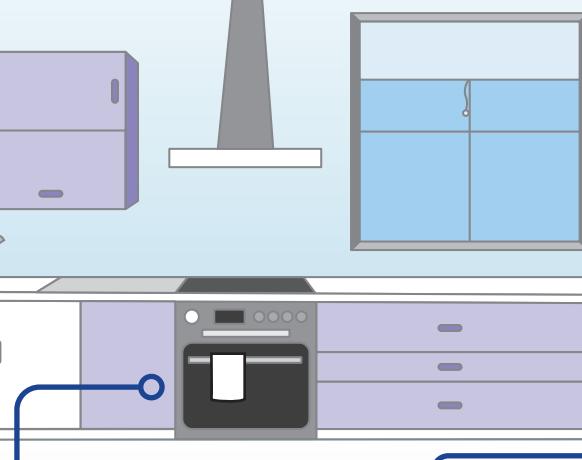


EFFICIENT FRIDGE / FREEZER

Your fridge and freezer are more efficient the fuller they are, so try keeping them at least 2/3 full. For your fridge, a simple trick is filling the shelves with jugs of water. For your freezer, try batch cooking meals and storing them for another day (which would also save you money in groceries).

TAPS

Make sure your taps are not leaking - drips can waste up to 5,500 litres a year.



OVEN DOOR

Keep the oven door open for as short a time as possible when retrieving and placing food inside - the more heat which escapes, the longer your oven will need to get back up to temperature.

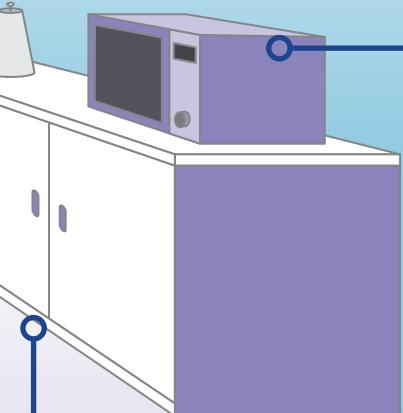
LIGHTS

Turn off all lights when you leave the room.



KETTLE

Do not overfill your kettle. Only boil as much as you need. According to professors in chemical engineering, overfilling translates to about 3.2% of your electricity bill so only boil as much as you need to make that saving!



APPLIANCES

Some appliances such as microwaves constantly use energy even when not in use. British Gas have calculated that you can save around £147 per year by turning off these "vampire devices" at the wall.

MACHINE EFFICIENCY

Do not turn on dishwashers or washing machines until you have a full load to avoid wasted water and increase efficiency.

LAUNDRY

Avoid using the tumble dryer if possible - rig up a drying line in an airing cupboard or use a standing air dryer for drying your clothes.

BATHROOM

LIGHTS

Turn off all lights when you leave the room.

TAPS

Turn off the taps while you're brushing your teeth. This can save up to 12 litres of water every time you brush.

DUAL FLUSH

Toilets account for 1/3 of water used in the home per day, so modernise your toilet. Dual flush can use as little as 2.6 litres per flush while older models may use up to 14.



CISTERN DISPLACEMENT DEVICES

You could use cistern displacement devices. You can purchase bags full of crystals or make your own by filling a plastic bottle with water. This can save 3-4 litres every flush.

HIGH EFFICIENCY SHOWER HEAD

Install a high efficiency shower head, which use as little as 6 litres per minute.

EFFICIENT WATER USE

Consider taking showers rather than baths. Standard 10-minute showers are thought to use around 2.5 gallons of water per minute, whilst a large freestanding bath might require the distribution of up to 70 gallons in total.

GREY WATER

Used water is known as "grey water" because it contains impurities. Do not drink this, but you can collect and use it to flush toilets or to water plants to cut down on your water bill.

BEDROOM

LIGHTS

Turn off all lights when you leave the room. For mains lighting, installing smart switching technology or a dimmer switch would help achieve further savings.

LED SAVING BULBS

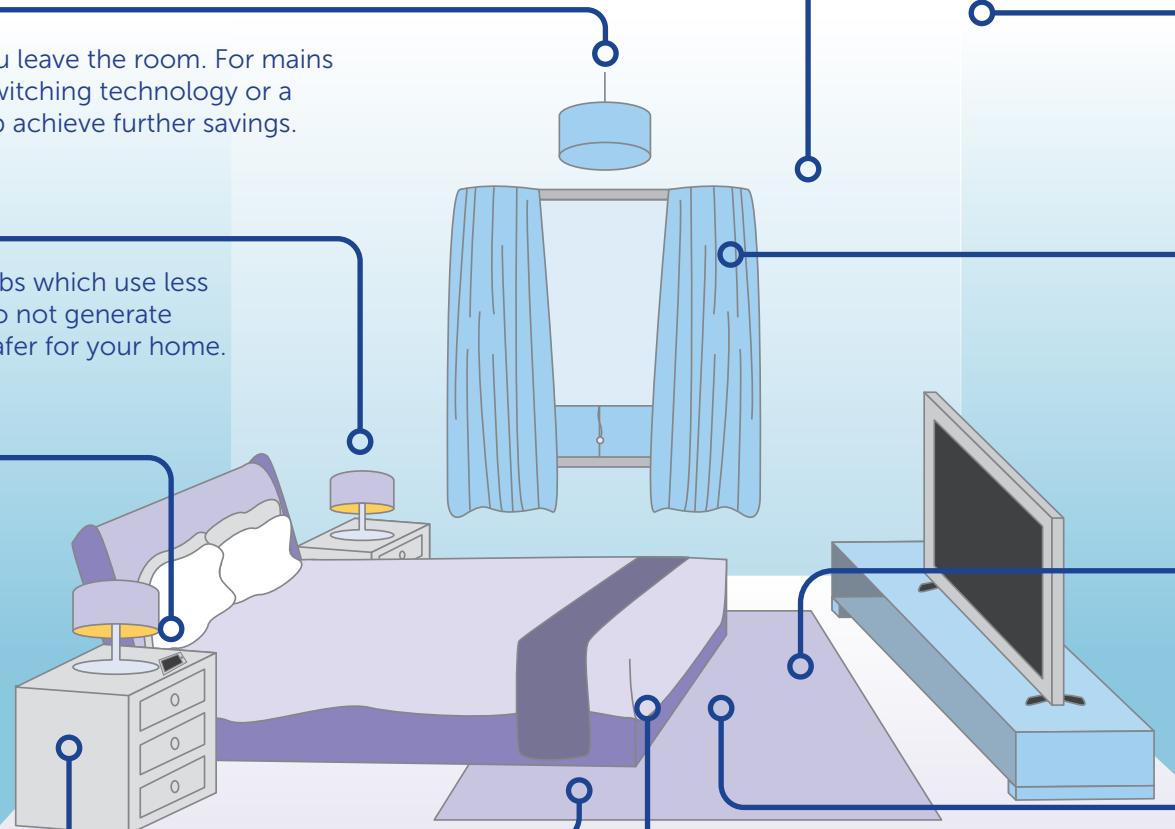
Make a change to LED bulbs which use less wattage. LED lights also do not generate heat which makes them safer for your home.

DEVICES

Unplug your devices before going to sleep - they draw current even when they are fully charged. You can use extension cords with on/off switches to make this easier.

SET A TIMER

You are under your cosy duvet during winter nights, so set a timer to have your central heating come on before you get up on those chilly mornings, but save energy by not having your heating on all night.



FURNITURE PLACEMENT

Ideally, you shouldn't place furniture in front of radiators as they will act as a barrier for the heat. In situations where this cannot be helped due to limited space, pull furniture away slightly to increase air circulation around the radiator.

SMART PLUGS

Invest in smart plugs which you can set to turn off devices still drawing power while on standby at specific times. For example, set them to turn off TVs at the wall after you usually go to bed.

KEEP DOORS CLOSED

Keep doors between rooms shut, otherwise warm air will escape into lesser used rooms such as hallways which do not need warming to as comfortable a temperature.

CURTAINS / BLINDS

They reduce the amount of air exchange between a cold window and the rest of the room. High quality curtains can reduce heat loss by around 40%!

CARPETS / RUGS

If you do not have carpets in your room, lay a rug or carpet to offer insulation and keep your room cosy.

SEASONAL BEDDING

Invest in seasonal bedding, e.g. thicker duvets for the winter and thinner ones for the summer - this will make you less reliant on central heating and cooling appliances like fans, lowering your energy bills.

A FEW OTHER TOP TIPS

WARM HOME DISCOUNT SCHEME

The Warm Home Discount scheme offers low income households a sizable discount to help with energy bills. The scheme opens for applications between October and March each year, and you'll need to apply directly to your energy supplier.

For more information, visit this website:

<https://www.gov.uk/the-warm-home-discount-schemes>

OFF-PEAK PERIODS

Does your tariff offer cheaper electricity at night? Find out! Some suppliers offer cheaper rates during off-peak times (typically overnight, between 11pm and 7am) so if you don't already know whether this applies to you, then get in touch with them and ask if you are on a 'time of use tariff'. If you are, why not use that time to run appliances such as washing machines?

PAPERLESS BILLS

Why not save money and the environment at the same time? Some energy suppliers offer a discount and other rewards for paperless bills. Not all energy suppliers offer discounts but it is something worth checking! You may also receive these bills quicker, helping you budget further in advance.



HEAT YOUR HOME REGULARLY DURING WINTER

Don't leave your heating system off for extended periods of time. A leading cause in heating system failures is frozen pipes which will freeze the water inside your pipes and prevent your heating system from working.

It can also cause burst pipes or boiler failure. If you are going away (e.g. on holiday) set a timer or thermostat rather than leaving your heating off completely.

AIM FOR SPECIFIC ROOM TEMPERATURES*

Specific rooms should be heated to different temperatures based on how much they are used and what they are used for:

- **Living rooms** = approximately 20-22°C (for comfort while sitting and to improve concentration)
- **Offices** = approximately 20-22°C (to improve concentration)
- **Bedrooms** = 16-19°C (since our body temperature naturally decreases during sleep)
- **Children's bedrooms** = 17-20°C
- **Kitchen** = 18-20°C
- **Lesser-used areas** = 15-18°C (e.g. corridors, laundry rooms, loft)

* These room temperatures are a top tip from one of the largest heating and hot water companies in Europe, Vaillant Group.

Further top tips and information can be found on Vaillant Group's blog www.vaillant.co.uk/homeowners/advice-and-knowledge/help-and-advice/home-advice/

HELPFUL RESOURCES

FOOD SHOPPING

- **Love Food Hate Waste (www.lovefoodhatewaste.com)**

Helps you to reduce food waste. This website contains a handy portion calculator for fresh food so you know you know exactly how much you need to buy of each type of food per person and portion. It also contains a recipe section showing meal suggestion for any leftover ingredients.

- **Shopmium (<https://www.shopmium.com/uk>)**

This app is a collection of online discount coupons, offering discounts on a range of household goods. It also has a cashback facility and the ability to store all your loyalty cards in one place.

- **Food Sharing Apps such as OLIO (<https://olioex.com/>)**

There are some apps such as OLIO which connect you with people in your area willing to share items they've got. Some have extra groceries to give, some have household items they're willing to loan. Share more, waste less... and spend less!



TRAVEL

- **Petrol Prices (www.petrolprices.com)**

Allows you to search your local area for the cheapest fuel. Petrol stations are both listed and shown on a map so you can choose where to fill up based on price and distance.

- **Railcard (www.railcard.co.uk)**

Provides information on and allows you buy Network Rail Railcards. These offer either 50% or 1/3 discount on off-peak train travel.

- **Network Rail: Flexi Season Tickets (www.nationalrail.co.uk/times_fares/ticket_types/Flexi-Season)**

Information on discounted season tickets for part time workers.

It's not just our energy bill costs that are rising, many household expenses are as well. To help you manage this, Dodd Group have signposted a small selection of additional resources to help minimise the impact of the rising cost of living. Remember to also take some time and have a search of your own online, as you might find extra resources more suitable for you and your own situation.

BUDGETING AND FINANCE

- **Money Helper (<https://www.moneyhelper.org.uk/en/everyday-money/budgeting/budget-planner>)**

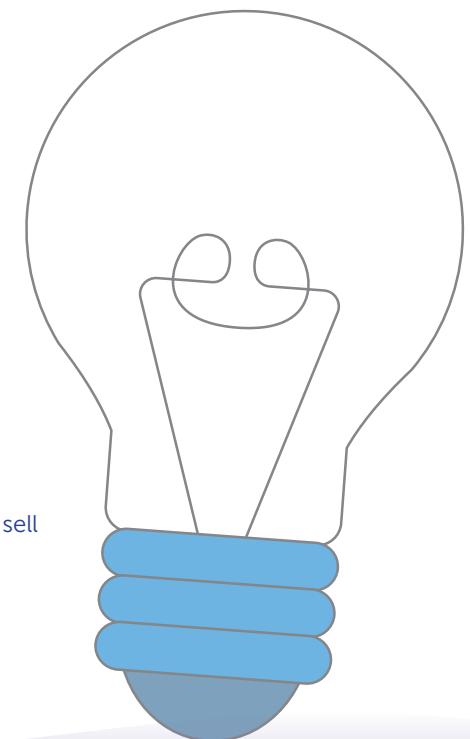
Online tool to help give a detailed breakdown of monthly spending, breakdown of finances by category and helpful personalised tips on your budget.

- **Money Supermarket (www.moneysupermarket.com)**

Allows you to compare quotes for credit cards, car and other insurance to ensure you're getting the best deal.

- **Money Saving Expert (www.moneysavingexpert.com)**

Money Saving Expert is a website which gives a whole host of money saving tips, including energy bills! In addition to saving money on your energy bills, Money Saving Experts provide advice on mortgage payments, savings accounts, insurance and credit cards amongst others. It's a one stop shop for all kinds of money saving tips and advice.



RAISING EXTRA MONEY

- **Vinted (www.vinted.co.uk)**

A platform to allow you to list and sell clothes you no longer wear.

- **eBay (www.ebay.co.uk)**

A platform to sell wide range of unwanted items.

