

## THE BIG ENERGY SAVING WEEK 2021!

DO YOU WANT TO SAVE MONEY, TIME AND ENERGY  
THROUGH EVERYDAY ACTIONS?  
READ THESE HANDY FACTS TO HELP YOU BE A SAVVY SAVER

- You can save around £35 a year just by remembering to **turn your appliances off** standby mode.
- By switching supplier or tariff for your energy supplier you could save hundreds of pounds.
- You can save around £39 a year from your energy bill just by using your **kitchen appliances more carefully** eg use a bowl to wash up rather than running a tap, cut back on one wash cycle a week and save £8.
- A **water efficient shower head** could save a four person household around £38 a year on gas for water heating, and a further £53 a year on water bills if they have a water meter.
- Spending **one minute** less in the shower each day will save up to £8 a year off your energy bills, per person.
- A running tap wastes more than **six litres of water a minute**, so turn off the tap while brushing your teeth, shaving, or washing your face
- If everybody in your family of four replaces **one bath a week** with a five-minute shower, up to £10 a year could be saved on gas bills and up to £10 on water bills (if you have a water meter).
- Installing a chimney **draught excluder** could save around £19 a year.
- Save **£60** and **310 kg carbon dioxide a year** by turning the room thermostat down by **one degree**.
- If you switch a light off for just a few seconds, you will save more energy than it takes for the light to start up again, regardless of the type of light. This will save you around £15 a year on your annual energy bills.

### REMEMBER!

- ✓ CHECK YOUR ENERGY SUPPLIER FOR THE BEST DEAL
- ✓ CHECK TO ENSURE YOU'RE GETTING THE RIGHT BENEFITS
- ✓ CHECK YOU'RE GETTING ALL THE FINANCIAL HELP POSSIBLE IF YOU'RE STRUGGLING WITH BILLS