



COMMUNITY
ENERGY PLUS

A Simple Guide to saving energy and money



Call free 0800 954 1956 Visit www.cep.org.uk

As the cost of energy continues to rise, there's never been a better time to look at ways to save money, reducing your carbon footprint at the same time.

Simple, free changes

Use the power of your finger!

- Whenever you are not using appliances like televisions, turn them off fully – Standby uses a lot of power.



- Chargers still use some power when their gadget is fully charged so don't forget to switch them off at the socket.
- Don't forget to turn off the lights when you leave a room.



Green laundry tips

- Washing your clothes at 30° instead of higher temperatures uses around 40% less electricity.
- Fill up the washing machine and tumble dryer: one full load uses less energy and water than two half loads (this applies to your dishwasher as well).
- Use a fast spin cycle to remove as much water and speed up the drying time.
- Give your tumble drier a break and enjoy softer, fresher smelling clothes by drying outside.
- Hang or fold clothes up straight away after drying them and reduce your ironing



Recipes for a low carbon diet

- Using only as much water as you need each time you boil the kettle.
- Use the right size of pan for the job and the appropriate size ring or burner. Cover pans with lids to speed up cooking, save energy and reduce condensation in your home.
- Make the most of the space in your oven by cooking larger batches of food then freezing spare portions.
- Defrost frozen food overnight in your fridge instead of microwaving it.
- Defrosting your freezer regularly will help it run more efficiently - you may even find food that you'd forgotten about!



Heating that won't cost the earth

Turning your heating down by just 1°C could cut your heating bills by up to 10%. Try setting your thermostat to 18°C which should be a comfortable setting for most householders. Setting your heating and hot water to come on only when required could save even more.

- During winter, set the heating to switch off just before you go to bed - you won't be using it unnecessarily once you're tucked up.
- Set your heating to come on just long enough before you wake up for the house to be warm by the time you get up. Your home will take a while to cool down again, so set the heating to turn off half an hour before you're due to go out.
- Use radiator valves to turn off heating in unused rooms.
- Match your duvet to the seasons - use a low tog in summer and high tog in winter to avoid having to use the heating unnecessarily.

Low cost measures



Is your water too hot?

Your hot water thermostat should be set at 60°C/140°F, any higher and you could be throwing money down the plug hole.

Lighting

You'll be surprised how much you could save by swapping all the bulbs in your home to modern energy efficient LEDs. Technology has improved – no more standing in the dark waiting for them to warm up!



Draughts

Eliminating draughts is a quick and easy way to make your home more cosy. Thick, lined curtains will help, and if you have draughts around doors try fitting them with curtains too. Draught excluders may be old fashioned but they work! Install draught-proofing strips around window frames, interior doors and loft hatches. Brushes in letter boxes and keyhole covers will stop 'mini draughts'.



Windows

Top quality windows with good energy ratings are a worthwhile investment. However repairs and maintenance to existing windows will also help keep the heat in. If your windows are inadequate and you can't afford to replace them, take a look at secondary glazing solutions which are fitted inside the existing window reveal and will help to reduce your heat loss.

Chimneys

The openings of permanently unused chimneys can be sealed with a board and adjustable vent. Alternatively chimneys can be temporarily blocked with specialist products like the 'Chimney Sheep'. Remember that you must not use your fire when your chimney is blocked.



Wrap it up!

Insulate hot water pipework and pop a jacket on your hot water cylinder.

Longer term investments



Insulate, Insulate, Insulate!

Insulation really is the best way to stop that precious heat escaping from your home. You've paid for your heat, so hang on to it!



External Wall Insulation

If your home has solid walls a solution is available. This involves fixing insulation material to the outside wall, covered with a layer of render. It is a costly process but very effective.

Cavity Wall Insulation

If your home was built after about 1920, it is likely to have cavity walls – two walls of brick or block separated by an air cavity. These can be filled with insulation to stop heat escaping.



Contact Community Energy Plus to find out about current insulation offers

Look for the A+ rating

A third of the average electricity bill is used on appliances, electronics and computer equipment. Try to buy the most efficient products you can (an A+ rating is the best). They may be a little more expensive, but you will save money in the long run.



Boiler replacement

You can reduce your heating bills by up to a quarter by replacing an old G-rated boiler with an A-rated condensing boiler and a full set of heating controls.



Renewable Energy Technologies

Renewable energy technologies harness natural power sources to provide free electricity and heating. They offer an alternative to fossil fuels and help reduce CO₂ emissions.



In addition to helping you protect your household from the rising costs of energy, installing renewable technologies can also generate an income for you.

Community Energy Plus provide services for householders in Cornwall, including:

- A free telephone energy advice service for Cornwall.
- Home energy audits to identify improvements to make a home warmer, more energy efficient and cheaper to run as well as its suitability for renewable energy technologies.
- Help to understand and reduce energy bills. This includes home visits and follow-up support where needed.
- A collective energy tariff switching service.
- Free membership of our community oil-buying club.
- Access to grants for heating.
- Access to free and heavily subsidised insulation.

For help to reduce your energy bills and enjoy a warmer home
0800 954 1956



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