

Charis

Energy
Advice

Helping you save
money on your bills





Hello, we're Charis.

We help you and others get support towards energy bills and we want to help you save even more money. So, here are our tips to reduce your energy usage and your bills.

Here's 3 to get you started:

- Turn it off! Remembering to switch lights off will save money on your annual bills
- Fit LED light bulbs and use 90% less energy than traditional bulbs and they'll last longer
- Switch off standby mode, turn off TV's and devices at the plug



Around the house

In the kitchen

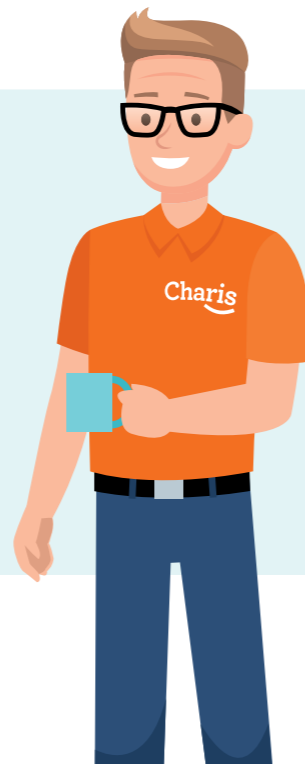
- 1 Aim for an A**
When you buy a new appliance, look at the energy label. 'A' rated appliances use the least energy. G rated appliances use the most.
- 2 Don't overfill your kettle**
Just add the water you need.
- 3 Fill it full**
A half-loaded dishwasher uses the same energy as a full load, so always fill it up. And use the ECO setting if you have one.
- 4 Bake in batches**
Cook enough for several meals and freeze leftovers for another day.
- 5 Descale and save**
Descale your kettle, washing machine and dishwasher so they last longer and use less electricity.

In the bathroom

- 6 Insulate your hot water cylinder**
This will keep your water hotter for longer and reduce energy costs.
- 7 Speedy showers**
Replace long baths with short showers to save water and energy.
- 8 Turn taps off**
Don't leave the tap running while you brush your teeth. Run water to rinse instead.
- 9 Leaky tap?**
If your tap drips, try to get it fixed. A leaky tap means you're paying for water you're not using.

Our advice on smart meters.

- ✓ Track energy spending and usage quickly and easily, you can ask your supplier for a free smart meter today
- ✓ Set an your energy budget and energy saving goals with the in-home display
- ✓ See your credit balance and top-up a pre-payment meter from home
- ✓ Sends automatic meter readings to your supplier so bills are accurate



Around the house

Laundry advice

- 10 Be cool**
Wash laundry at 30° degrees. You could save a third of the cost compared to a 40° cycle.
- 11 Load up**
Wait until you have a full load of washing. Try using a 'colour catcher' so you can mix colours in a load.
- 12 Clean filters**
Clean the filter in your tumble dryer after each use. Or as often as you can.

Heating advice

- 13 Test different temperatures**
Fit and adjust radiator valves and try cooler temperatures for bedrooms and keep living spaces warmer.
- 14 Get the most from your radiators**
Move furniture away from radiators. Use a radiator reflector or foil to push heat into the room.
- 15 Maximise warmth**
Turn off the heating and bleed your radiators to remove airlocks. Turn the heat back on and check the boiler pressure is correct.
- 16 Keep heat in**
Close curtains and cut out draughts around doors and windows to keep your home cosy.



Check that you are on the best possible tariff with your current supplier and review it regularly to see if you could switch to get a better deal.



If you need support, take a look at our current schemes at charisgrants.com/individuals

You can apply to the schemes we manage. Or you can use our handy Money Manager tool to help you budget better.

For extra energy advice, visit: www.energysavingtrust.org.uk



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