



Energy Saving **Ideas**

With rising energy prices and climate change high on the agenda, saving energy is more important than ever.

Read on to find ways to reduce your energy bills and your carbon footprint.

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We know that every penny counts when managing your student budget with energy bills causing big headaches, especially when prices spiral out of control. As fuel prices rise and the need to save precious resources grows, you'll want to take on as many energy-saving tips as possible.

We've gathered a host of ideas to save pounds off your energy bills. And just as importantly, tips that avoid wasting our planet's resources. But before the tips, a couple of quick answers to three frequently asked energy-related questions.



SHOULD I SWITCH ENERGY SUPPLIERS?

In the past, shopping around for your energy suppliers has been a way to save money. However, in 2022 the energy crisis has meant that there is nothing meaningfully cheaper than the price cap. And, whilst fixed deals have previously been an option, there are no open-market fixed deals you can switch to from a price-capped standard tariff. So, as a result, for most people, switching won't save you money.

If you want to check in case things change, visit Martin Lewis' [Cheap Energy Club](#) for a comparison against your current payments.

SHOULD I JUST NOT USE THE HEATING?

Heating your home is one of the biggest drains of energy. So, it can be tempting not to put the heating on.

Whilst it's a good idea to pop on a jumper rather than crank up the temperature, avoiding heating altogether isn't the solution. Here's why:

- Leaving the heating off for long periods of cold weather can lead to frozen pipes. In turn, this can cause extensive and expensive damage.
- Living in a cold environment can lead to health problems.
- Cold rooms create cold surfaces. When warm, moist air meets a cold surface, condensation forms. And condensation results in mould. Yuk!
- Cold rooms mean you are less inclined to ventilate your house. And poor ventilation is another reason that mould can appear.

It's best to keep your heating at a minimum of 12 degrees and use heat savings tips to keep the heat where you need it the most. Ideally, the temperature shouldn't go below 18 degrees when you are at home.

DO STUDENTS GET THE 2022 GOVERNMENT ENERGY GRANT?

The short answer is yes.

To help with energy bills, all households in the UK get a non-repayable £400 energy grant. This will be added as a credit to your account or vouchers for prepayment meters, and it will be paid as multiple payments between October 22 and March 23.



From heating your home to watching tv, making small changes to how you think and use your energy and resources can considerably impact your bills. The following ten tips could save you hundreds of pounds and help you scale back on your energy consumption.

1 - CONTROL THE FLOW



The flow settings on your boiler define the heat of the water leaving your boiler. Its default setting is often set too high at around 75°C, and turning it to 50-60°C will keep you just as warm and save on energy.

- For combi boilers, the recommendation is 50°C for heating and 55°C for hot water. [Read more about controlling the flow on a combi boiler](#)
- For systems with a boiler and hot water cylinder, the recommendation is 62°C for heating and hot water and 60°C for the hot water tank.

SAVINGS: up to £115 a year

TIP: Not sure how to change the flow settings?

Search online for 'how to change the flow temperature on my <name> boiler. Or get in touch with the maintenance team at Prolet.

2 - AIR DRY YOUR WASHING

Tumble dryers are energy-munching monsters, so avoid tumble drying your clothes. But don't be tempted to dry your washing on radiators. This makes your boiler work harder and can lead to excess moisture in the air, in turn creating a breeding ground for mould.

SAVINGS: £60+ a year

TIP: Buy an air dryer to use indoors during the winter months. You can pick them up for around £12



3 - BANISH DRAFTS

Cold draughts around external doors mean your heating has to work harder to keep you warm. To block draughts at the base of your door, buy a cushion draught excluder (for around £7) or make one by stuffing tights with socks, rice, plastic bags or any spare material you have.

SAVINGS: £45+ a year

TIP: Use draught excluders for internal doors if they lead to a room you don't usually heat.



4 – CONTROL YOUR THERMOSTAT

Turning your room thermostat down by just 1 degree can save a substantial amount of energy and up to £229 a year. Fiddling with the thermostat uses additional power, so it's also a good idea to set the temperature (ideally around 18°C) and leave it.

SAVINGS: £229 a year

TIP: Be kind to your thermostat and avoid confusing it by keeping an unrestricted air flow around it to ensure it correctly senses the temperature. So don't cover it with furniture or curtains and don't put electric fires, televisions or lamps too close.



5 – SHORT SHOWERS

Electric showers are one of the biggest energy guzzlers, so reduce your shower time. Set a timer for 3 mins. Each person spending a few minutes less in the shower will save around £25 off your energy bills each year.

SAVINGS: £100 a year for a house of 4 people

TIP: You could save another £26 a year by swapping out one bath a week with a 3-minute shower.



6 – USE ENERGY EFFICIENT LIGHTBULBS

Lighting makes up 11% of the average UK household electricity consumption, so switching to energy-efficient light bulbs will offer significant savings without compromising lighting quality.

SAVINGS: £80+ a year

TIP: Whatever type of bulbs you use, switching off lights when you don't need them could save another £30 a year.



7 – SAY NO TO STANDBY

Turning your tv off, rather than popping it on standby, will save around £11 a year. Add that to every tv, console, smart speaker and Sky box, and you could make significant savings, especially when you consider that the average household has ten items they leave on standby.

SAVINGS: £110+ a year

TIP: To make things easier, you can get a standby saver, which means you can turn off all your appliances in one go. You don't even need to worry about upsetting any appliance programming – you can turn off most things at the plug without disturbing the programming.



8 - LARGER LOADS, LESS OFTEN, AT A COOLER TEMPERATURE



Switching to 30° wash cycles can save as much as 40% of energy on every wash, saving around 10p per wash. It doesn't sound like much, but the average household running at least five cycles a week saves £25 over a year. And if you cut back by one cycle a week, you can save £8 a year on energy and £10 on water.

SAVINGS: £45+ a year

TIP: If you only need to freshen clothes, a cold wash can save you even more energy.

9 - BE CHARGER SAVVY

Most people over-charge their mobile phones, laptops and tablets. And people easily forget that chargers use power when plugged in, even if they aren't charging anything. Once the device is fully charged, get into the habit of unplugging it.



SAVINGS: £60+ a year

TIP: Turn your devices off over-night to reduce charging time

10 - DITCH THE DRIP



Check for dripping taps and don't leave water running - A dripping tap (or an overactive toilet) can waste over 5,000 litres of water a year, equivalent to 140 showers or £15 worth of water. And leaving your taps running whilst brushing your teeth or shaving wastes 6 litres of water every minute!

SAVINGS: £60+ a year

TIP: Save an additional £25 a year by washing up on a bowl rather than using a running tap.



Towel dry your hair instead of using a hairdryer.

Close the curtains to keep the heat in



Use eco settings on dishwashers and washing machines which heat water more slowly, using less energy. You get the same results; it just takes a little longer.

Love your microwave. Microwaving food is cheaper than an oven as it uses less power and takes less cooking time.



Keep the oven door closed. It's hard to resist a peek at what's cooking, but opening the oven door uses more energy by letting the heat out - stick to using the window to check.

Use a slow cooker. They are one of the most energy-efficient kitchen appliances & encourage a nutritious approach to cooking delicious homemade food. Batch cook for even more savings.



Use a lid for your saucepan and simmer rather than boil could save £100 a year!

Be careful with the kettle. Only fill the kettle with the amount of water you need.



Create a water reduction habit. This handy [calculator](#) helps to see the changes to your water bills if you change how you use water, which can help shape new habits and routines.

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What Else Can You Do?

Depending on your situation, there might be a few additional ways you can conserve resources.



ARE NIGHT RATES AN OPTION?

It's worthwhile thinking about when you use electricity. Between midnight and 4 pm, more of the UK's power comes from clean, green renewable sources. Plus, if you're on a day and night tariff, you can use the cheaper night-time rate (usually from 10 pm to 8 am) for overnight washes or dishwasher cycles.

HAVE YOU GOT RADIATOR VALVES?

If you have radiator valves, you can set the temperature of each room (except where the thermometer is). This means you can save energy by setting some rooms cooler if you don't use them very often or need them to be as warm.



HAVE YOU GOT A WATER METER?



Water meters are the fairest way to pay, as your bill is based on the amount of water you use. You can apply to your water supplier for a meter if you are the billpayer or if you rent your home and have a tenancy of six months or more.

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What if you can't pay your bills

If you are struggling to pay your bills, don't bury your head in the sand and hope the problem goes away. There is help available.

CONTACT YOUR ENERGY SUPPLIER

If you are struggling to pay your bills, get in touch with your supplier as soon as possible. Some suppliers have options for payment breaks, repayment plans and financial support. Don't bury your head in the sand and hope the problem goes away.

TAKE METER READINGS

Keep your bills accurate by supplying meter readings. Estimates are often over-inflated, and you may have credit sitting in your account. On the other hand, if you've been underpaying, your supplier could land you with a hefty bill at the end of your tenancy.

TALK TO YOUR LANDLORD OR LETTING AGENT

The owner or managers of your home are here to help.

[Find out more about the help and support available](#)