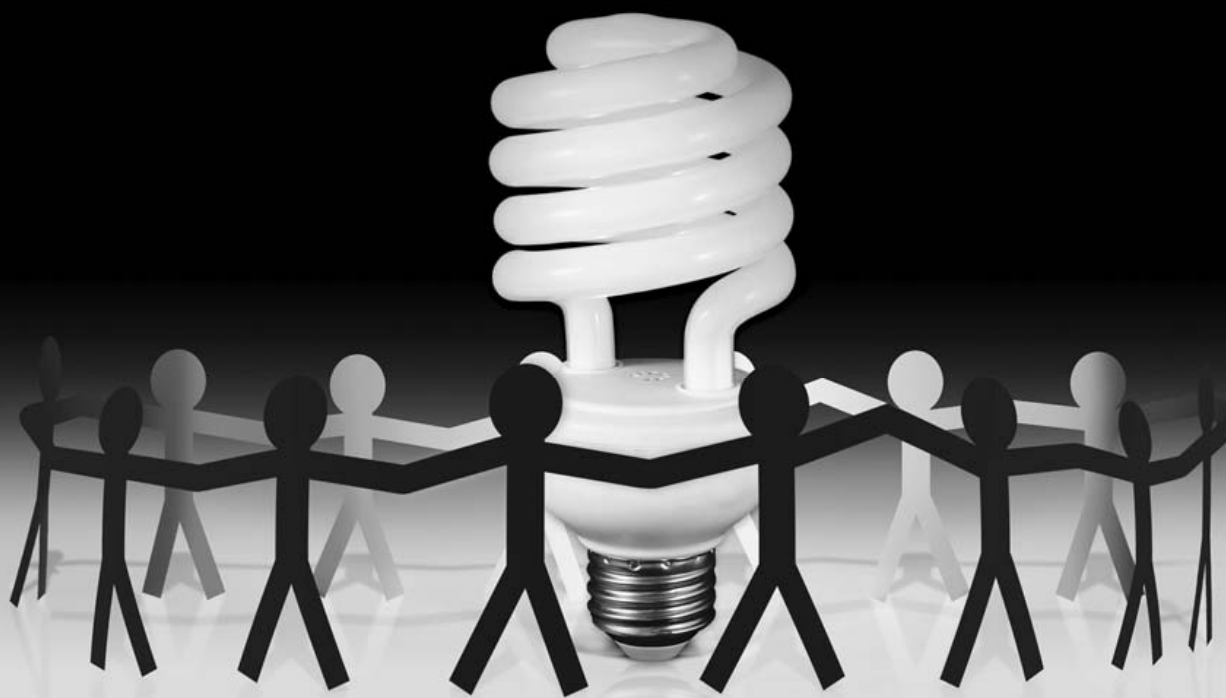




www.enehl.org.uk

A company with a passion for communities

Energy Saving



Here to help... 0800 915 1600

Other

If you would like this document in another format or language, please tick as required and return to East North East Homes Leeds, Freeport

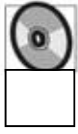
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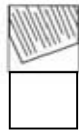
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Text



أود أن يكون هذا المستند باللغة العربية.

ARABIC

لطفا ابق متن را به زبان فارسی در اختیار من قرار دهید.

FARSI

ئەم وەرەققەتە بە کوردی بهۆیت

KURDISH

Chciał(a)bym otrzymać ten dokument w języku polskim.

POLISH

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TIGRINI

میں یہ دستاویز اردو زبان میں چاہوں گا کی

URDU

Another language (write in the box)

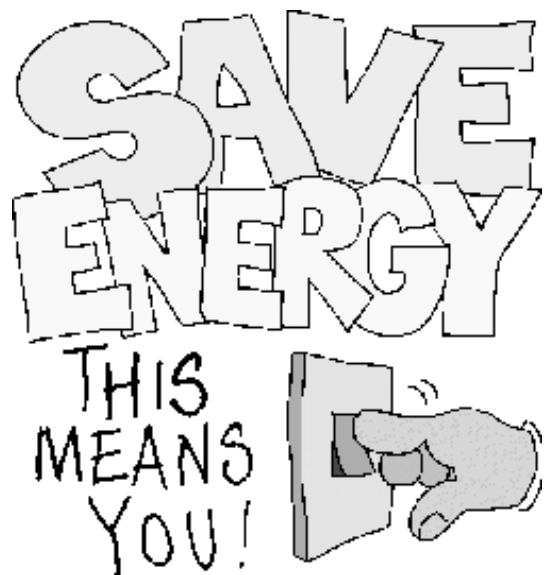
For more information call us on 0800 915 1600.

Energy Saving Tips

So much of the power we pay for is power we do not even use. Appliances on standby, lights left on in unused rooms and computers that never get switched off are putting pounds on your bill. Switching off and maintaining your household items will soon make you savings and help you to be more energy efficient.

Turn down and switch off

- Turning your thermostat down by 1°C could cut your heating bills by up to 10 per cent and save you around £40 per year.
- Is your water too hot? Your cylinder thermostat shouldn't need to be set higher than 60°C / 140°F.
- Always turn off the lights when you leave a room.
- Don't leave appliances such as TVs and stereos on standby and remember not to leave appliances on charge unnecessarily.
- Switch off your computer and monitor when they're not being used.



Cooking

- Only boil as much water as you need (but remember to cover the elements if you're using an electric kettle).
- Use the kettle to boil water for cooking instead of heating a pan on the stove. This is more efficient and takes less time too!
- When cooking, choose the right sized pan for the food and the cooker, cut food into smaller pieces and put lids on pans as the food will then cook a lot quicker.
- If you are defrosting food or just warming things up, then microwave ovens are ideal as they use much less electricity than conventional ovens.
- Use a toaster rather than a grill for making toast.

Good housekeeping

- Close your curtains at dusk to stop heat escaping through the windows.
- Recycle anything you are able to – such as newspapers, bottle and cans – recycling saves energy.
- Elements in kettles and washing machines that are coated with limescale are inefficient and use more energy. To remove limescale leave a cup full of vinegar in your kettle overnight. Every two months run your washing machine on a 60 degree cycle with no clothes and 200ml of white vinegar.
- Replace your light bulbs with energy saving recommended ones: just one can reduce your lighting costs by up to £100 over the lifetime of the bulb – and they last up to 12 times longer than ordinary light bulbs.
-

- Seal up any draughts in doors and windows using draught excluders. For small draughts use stick-on draft excluding tape available from most DIY stores.
- Put aluminium foil behind any radiators fitted to outside walls (with the shiny side facing the radiator). Ordinary kitchen foil will do or you can buy specially designed panels from DIY stores.

Hot water

- A dripping hot water tap wastes energy and in one week wastes enough hot water to fill half a bath, so fix leaking taps and make sure they're fully turned off!
- Have a five minute shower instead of a bath – it saves water and energy.
- Only use dishwashers and washing machines with full loads and if you can't, use a half load or economy programme.
- Always use the low temperature (40°C) programme as modern detergents work just as effectively at this temperature and use much less energy.
- Wash dishes by hand when you can!

Fridges and freezers

- Let hot food cool down before putting it in the fridge or freezer.
- Don't leave the door open for longer than necessary as cold air escapes.
- Defrost your freezer regularly to keep it running efficiently and cheaply as those filled with frost work harder to stay cold.

- Keep your fridge and freezer well stocked as they need less energy than empty ones.
- If your freezer frosts up quickly, check the door seals.
- Replace an old fridge freezer with a modern 'A' rated one which will use two and a half times less energy.
- Look out for the energy saving recommended logo.

Useful links

For more information on Energy Efficiency see the links below:

www.energysavingtrust.org.uk

www.saveyour20percent.co.uk

www.leeds.gov.uk/fuelsavers

or call Fuel Savers on 0800 512 012

You can also go to www.enehl.org.uk and click on the Energy Efficiency Information heading

These energy saving tips have been produced by the Energy Saving Trust

Reduce your energy costs today

enehl.billscutter.com is a joint initiative from ENEHL and leading industry professionals, Billscutter Limited, to provide an unbiased and impartial electricity and gas price comparison site for our householders, tenants and homeowners. The site is industry accredited and approved by Friends of the Earth and Greenpeace. It compares every single tariff available to your post code address and lists the lowest priced suppliers for you.

The service is completely FREE of charge for you and takes just a few minutes to complete on-line to save you money.

ENEHL Chief Executive Steve Hunt says: 'Many people have never changed supplier and as some home energy prices have fallen recently, now is a very good time to switch through our own East North East Homes Leeds comparison site. Even if you have switched suppliers previously, you should check regularly on our website to make sure that you are on the best tariff available for your home and to ensure that you are not paying more than you need to for your electricity and gas'. Whilst the site has been developed specifically to enable ENEHL householders to save money, the site is also available UK wide so do tell your friends and family so that they can enjoy the savings that can be made through the ENEHL Energy Comparison Service. The service is not just web based so if you do not have access to a computer you can still find out how much you can save by calling the helpline number.

So visit the website <http://enehl.billscutter.com> or ring the helpline on **0845 872 6369**



Energy Saving Tips

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