

HOME
ENERGY
SCOTLAND

KEEP WARM AND WELL

SIMPLE TIPS AND TOOLS TO KEEP YOU COSY FOR LESS



HOMEENERGYSCOTLAND.ORG
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DID YOU KNOW THAT HEATING AND HOT WATER ACCOUNTS FOR OVER HALF OF WHAT YOU SPEND IN A YEAR ON ENERGY BILLS?

We want to help you to use energy wisely. Follow our top tips to help you take control and do just that. A few tools we have developed will assist with small changes around your home that will set you on the path to saving energy and keeping your energy bills down.

Why not give the tools a try.

6 TOP TIPS FOR KEEPING WARM AND WELL

1. THERMOMETER

Your room thermostat should be set to the lowest comfortable temperature, typically between 18°C and 21°C degrees. Turning down the room thermostat down by one degree can save up to **£75** a year. Display our thermometer to help keep you right and cosy.



2. RADIATOR FOIL

Heat escapes through external walls. Radiator foil placed behind your radiators reflects heat back into the room. They can produce the most benefit when installed on uninsulated walls, where they could save you around **£15** a year. Let's help get you started.





3. RADIATOR/METER BOX KEY

By regularly bleeding your radiators you will avoid cold spots and get the most out of your heating system. By regularly reading your meter and providing accurate gas and electricity readings to your supplier you will avoid estimated bills or meter readings which can cause problems. Our handy two-sided key will help remind you to do both.

4. FOUR MINUTE SHOWER TIMER

A quick shower uses less water and energy than a bath. Every minute you cut off your daily shower could shave around **£7** off your energy bills over the year. Our four minute timer will help you enjoy shorter showers.



5. MAKING CHANGES STICK

Busy lives mean gentle reminders of ways to save are no bad thing. Fully loading the washing machine and setting the washing machine to 30°C uses **57%** less electricity than washing at higher temperatures. Use our vinyl stickers as handy prompts and get the kids involved too!

6. CAREFUL WITH THE KETTLE

By not filling your kettle and using only as much water as you need, you can save around **£6** a year.

Give this a go with a cuppa on us.



HELPING HOUSEHOLDERS ACROSS SCOTLAND SAVE ENERGY, SAVE MONEY, AND KEEP WARM AND WELL

Home Energy Scotland, funded by the Scottish Government and managed by Energy Saving Trust, provides free and impartial advice to help people across Scotland reduce their energy bills and make their homes warmer and more affordable to heat.

CONTACT US

To speak to a friendly advisor call Home Energy Scotland free on **0808 808 2282** or email **adviceteam@sc.homeenergyscotland.org** and we'll call you back.

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