Your Heating

⇒ Set your heating and hot water to come on and off when you need them.

⇒ Heat only the areas of your home that need heating, if you have a room that is not in use close the radiator in that room.

⇒ Set the temperature for each area of your home, most of the time the kitchen does not need heating as the oven and hob can keep this area warm.

⇒ The recommended temperature in your room is between 18-21°C.

Following these tips can save you around **£80 per year.**

Before you leave a room

⇒ Turn your lights off when you are not using them. If you switch a light off for just a few seconds, it will save more energy than it uses to start up again.

⇒ Switch off your appliances; don't leave them on standby mode. A typical household can save between £45 and £90 per year.

If every household in the UK switched off their appliances it could save enough carbon dioxide to fill Wembley Stadium 23 times.

Contact details

Email: info@crewenergy.london

Website http://www.crewenergy.london

Twitter: @CREWEnergyLDN

Saving Money and Energy in the Home

Saving energy in the home means saving money on energy bills. In this quick guide, there are some simple tips and tricks you can follow to start saving money as well as reducing your environmental impact.

The great thing is, you don't need to spend a penny!!!

In the Kitchen

⇒ Use a bowl to wash up to wash your dishes rather than a running tap, or use the dishwasher in eco setting.

⇒ Fill the kettle only with the amount of water that you need, and regularly remove the limescale build up in your kettle to increase its efficiency.

⇒ Put a lid on your saucepans while you cook as this helps to retain the heat, reducing the cooking time.

⇒ Use the correct sized saucepan for the correct sized hob and turn down the heat once the water has been boiled.

With this you can save around £40 per year.

Doing Laundry

⇒ Remove the stains of your clothes before washing, this will ovoid re-washing clothes.

⇒ Only use the washing machine when you have a full load.

⇒ Wash your clothes on a 30°C cycle, this temperature is enough to clean your clothes, this will save time and energy in every wash.

⇒ Dry your clothes outside when possible or use a clothes rank.

If everyone in the UK followed these tips it could save around 640,000 tonnes of carbon dioxide and £190 million, this is enough electricity to power over 340,000 homes for a year or to power the UK's street lighting for seven months.

In the Bathroom

⇒ Take a shower instead of a bath, this will use between 40-60% less water and energy.

⇒ Spending 1 minute less in the shower could save £7 a year

⇒ Only take 4 minutes showers, it could save nearly 3000 litres of water per year.

⇒ Switch for a water efficient shower head, this could save as much as £70 a year in a house of four.

⇒ Turn off the tap when you are brushing your teeth.

⇒ Check and repair any water leaks.

Remember that Thames Water can give you free devices to help you save water! Ask us for more information or go to https://watersavingdevices.thameswater.co.uk/