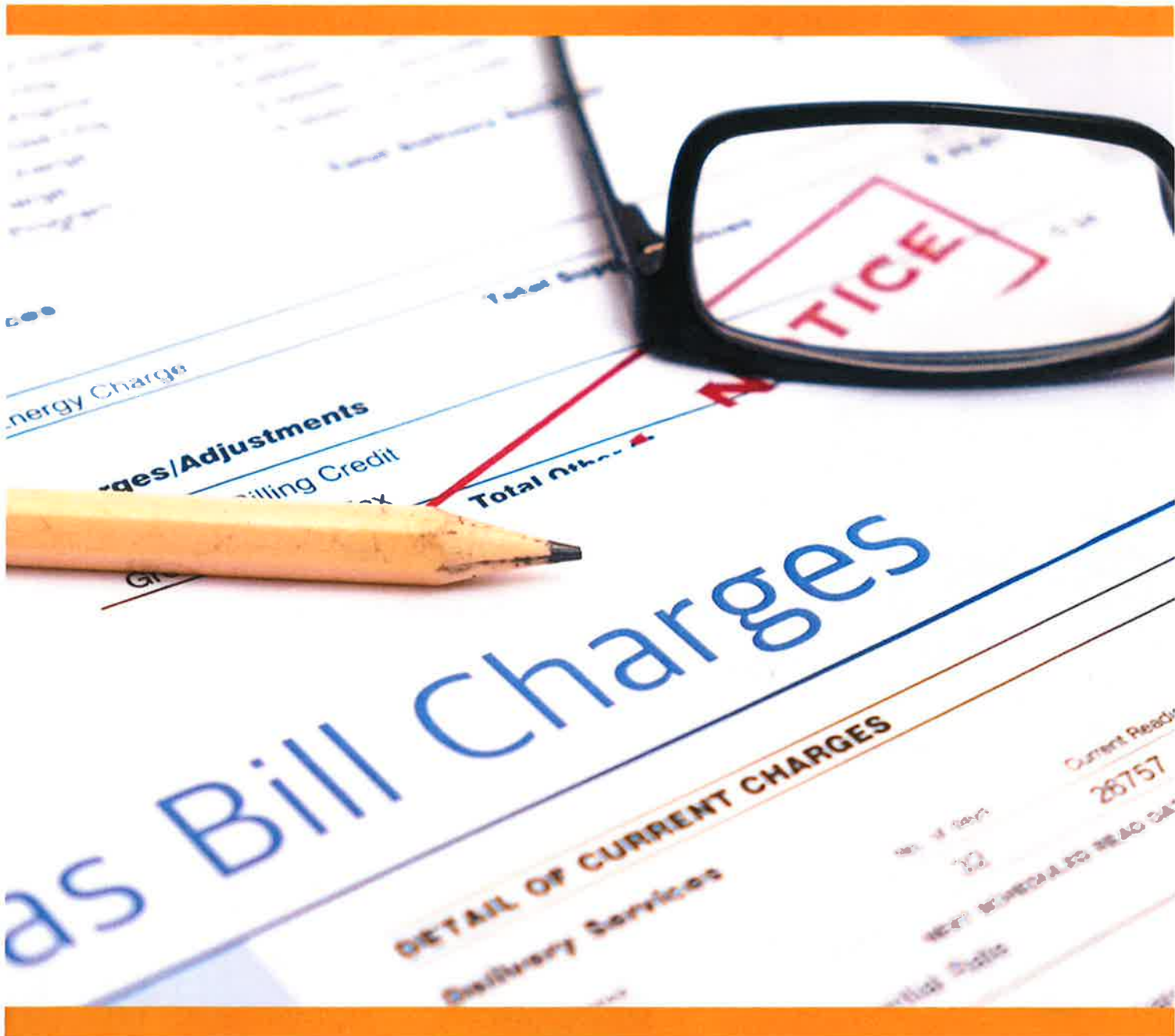


Energy & Money Saving Booklet



Commissioned by:





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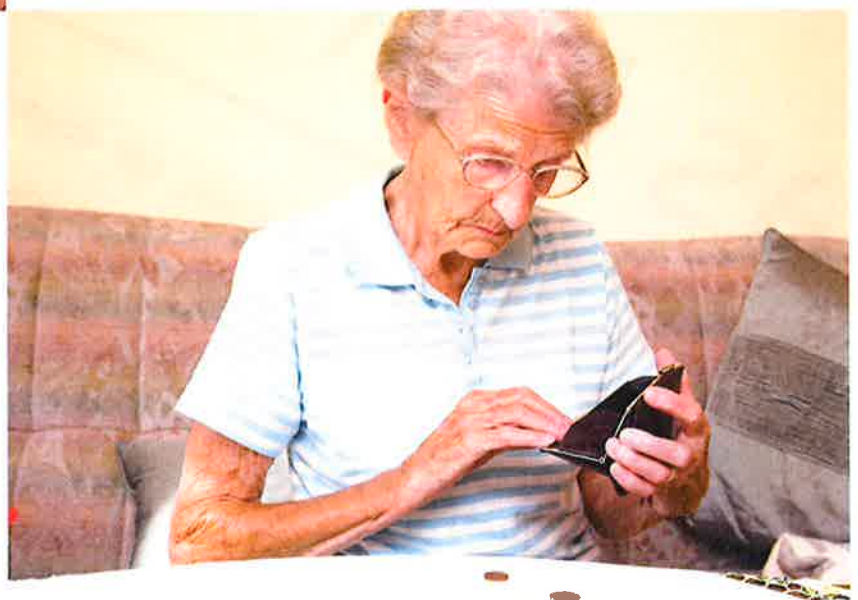


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Introduction

This booklet has been made in partnership with Ridgewater Energy and commissioned by BCP Council.

The actions and tips in this booklet can help you save money, by providing the tools and understanding to control your heating and energy use at home. It also includes further generalised hints and tips tailored to different aspects of daily living.



Disclaimers:

The websites printed in this booklet are not endorsed by Ridgewater Energy or BCP Council. They are included in order to help manage your expenses, understand your energy usage and help to reduce your bills. Information has been collated from a range of sources, including, but not limited to: Ofgem, Energy Saving Trust, Money Saving Expert, The Guardian, The Independent, The Mirror

Tips and advice stated in this booklet are suggestions and therefore may not be applicable to everyone. If you are unsure of anything, please seek professional advice.

Cost saving examples included in this booklet, can differ according to current energy market rates.

Website links are periodically updated and therefore may change. Try searching the relevant words in Google to find the new website link.

Information stated in this booklet is correct at time of print - January 2023.


At the end of the booklet, there is also a referral card, so if you know someone that may need some energy advice or assistance, to help improve the energy efficiency of their home, you can pass on our contact details.

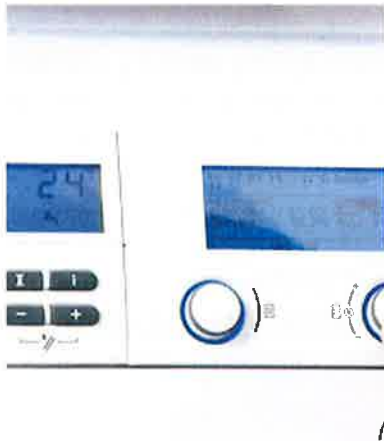
Boilers & Central Heating

If you are not confident adjusting your settings, ask your engineer to check it next time they service your boiler!

- Condensing combination (combi) boilers are usually the most efficient type of boiler.
- **Check the flow rate:** This is the temperature at which the water leaves the boiler to go around the heating system. It doesn't need to be at 75 degrees, it's just as good at 55 degrees. Find the radiator symbol on the boiler (or check the manual). This can save up to 16% on gas bills.
- Smart Controls/Weather Compensators can also help adjust flow rates of boilers, depending on the temperature outside. They cost between £100 - £200 to install, but would increase the homes efficiency by 3-5%.
- **Check temperature of hot water.** Look for the hot water symbol – usually a tap. Most people add cold water when they use the hot tap, which is a big waste. Why heat water you are going to cool down? You can lower the hot water temperature to a point where you don't need to add cold. For every 10 degrees you lower the water temperature you will save 3 – 5 % on energy bills. This only applies to boilers, not tanks or hot water cylinders.
- For a useful guide on adjusting your boiler see:
www.ridgewaterenergy.co.uk/pdf/how-to-save-money-and-energy-on-your-heating
- It is potentially a waste of money to replace a boiler, even if it is 10 – 15 years old. A well installed boiler with the right filters and a clean system, serviced regularly can last up to 20 years.
- Most boilers are installed running at 24kw and most houses only need them to run at 6 -10kw.
- Your heating engineer may be able to adjust the operating percentage of the boiler in some cases, if it is oversized, which may also save you money.



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- **Smart Thermostats:** They can make your heating more efficient by only warming the rooms you are using. They learn how long it takes to heat your home, so they can have it at the right temperature at exactly the right time. They can also be controlled by your phone, which means that you won't have to come back to a cold home. If you installed room thermostats, programmers and thermostatic radiator valves, you could save around £75 a year.
 - **Get a CombiSave valve fitted:** If you have a combi boiler, this simple valve will save you money in the long term. It works by slowing the flow of water until the right temperature is reached – meaning you waste less energy and less water (available from plumbers merchants, average cost of £50 plus fitting).
 - **Look at your radiators.** If they are full of sludge, they will push gas bills higher and the boiler will break down more readily. Fitting a central heating filter on the boiler can save up to 8% on gas bills. Flushing the whole system through will bring up the efficiency too.
 - **Control radiators:** Turn off radiators in rooms that you don't use and fit thermostats to individual radiators throughout the house.
 - You should use both the main thermostat and the individual radiator valves to control the temperature in the house/each room.
 - The main thermostat tells the boiler when to operate.
 - The radiator valves allow hot water to flow into the radiator if the room temperature falls below a set level.
 - **Shelf above radiator:** This helps distribute heat more evenly. It acts as a shield, so that all the heat doesn't rise upwards toward the ceiling. Instead, it will help the heat to move outwards and into the room.
 - Leave at least a 4 inch gap between furniture and heating sources, to make sure it does not block or absorb too much of the heat.
 - The more clutter you have, the more heat these items will absorb and you will use more energy!
 - Putting tin foil or reflective panels behind radiators, that back onto outside walls in particular, can help stop heat being absorbed by the wall, or escaping through them.
 - **Dust radiators:** Give your radiators a little TLC to reap the benefits. Making sure they are clean and dust free will keep them working efficiently, as dust build up can prevent heat from circulating.
 - If they feel warm at the bottom and cold at the top then they need bleeding. To find out how, visit www.homeserve.com

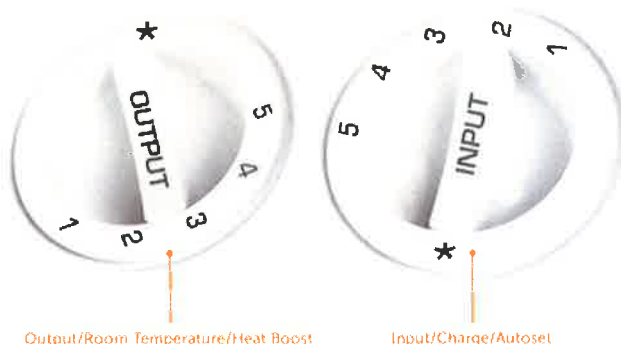


- **Ditch the Electric Heater:** It is normally cheaper to use the radiators of a central heating system to heat a whole house. An electric heater can be used to quickly heat a room, but is more expensive to use for a long period.
- Electric halogen heaters are the most efficient, followed by thermostat controlled oil-filled radiators. Please note, they do still all use on-peak electricity.
- Insulating your water tank (if you have one) and pipes is a quick way to save on your bills. An easy-to-fit hot-water cylinder jacket costs about £17.00, and you can insulate the exposed pipes too – it's usually just a case of choosing the right size of foam sleeve from a DIY store and then slipping it around the pipes. For more information go to www.energysavingtrust.org.uk
- If you are thinking of adjusting your thermostat on the hot water tank, then they are either strapped to the side of the tank, or under a metal cap on the top of the tank – make sure that you do not lower the temperature below 65 degrees. This is a safe temperature to prevent the forming of legionella, which can occur in stored water.
- Take regular readings from your meters, or readings from your smart meters in-home display – it's easier to reduce your energy use, if you know what you are consuming and why.
- It is always a good idea to have a working carbon monoxide detector in your home if you have a gas, oil or LPG boiler, a gas fire, gas cooker or even for an open fire or wood burner.
- If you have a hot water tank, never leave the immersion heater switch on constantly, this is not economical and will cost you more.
- For most properties, it may not be cost effective to have your central heating on constantly. If your home is well insulated, you should run your heating on a timer. If you live in an old cob walled cottage, this may require a constant level of background heat in the winter to keep it warm and dry.

Storage Heaters

& Hot Water Heating with Economy 7

- **Storing the right amount of heat – this is what effects the bill!** The amount of heat being stored by a heater during the cheap hours is controlled by the 'Input' or 'Charge' control, sometimes called 'Autoset'. Turn this up higher in very cold weather, to allow the heater to store the maximum level of heat.
- **How long is the heat given out?** The speed at which the heat is given out by the storage heater is controlled by the 'Output' or 'Room Temperature' control.
 - If the output knob is left on full, the heat will run out sooner, than if it was left on a medium or low setting. It is better to leave the output knob turned down to a low number and only turn it up later in the day if your rooms cool down.
 - There is no more heat until the heaters are charged up again, usually after the following night, unless you have a daytime boost option.
 - Some automatic controls may be found on modern 'Thermostatically Controlled' storage heaters, which control the heaters depending on the temperature of the room.
 - **Remember: On Economy 7** all your electricity during the off-peak period is cheaper, so you can save money by using appliances between 11pm and 7am. Make sure appliances are supervised when operational, for example, it would be best to run the dishwasher or washing machine between 6am and 7am when you are awake, providing this coincides with your off-peak period. Off-peak times vary depending on your electricity provider and tariff, so be sure to check yours.
 - **Economy 10** times vary with different suppliers – so it is best to check the specifics with yours. But usually, Economy 10 discounted rates are broken down into 7 hours at night, and 3 hours during the day.
- **Hot water on Economy 7** If your heating system was designed to run on Economy 7 electricity, you should have a timer on the immersion heater; so that a tank full of water heats up overnight, when the electricity is cheaper and a 'boost' switch to top up the heated water during the day. **Remember:** This is when the electricity is more expensive.



There are new versions of storage heaters called high heat retention heaters, they are designed to hold more heat for longer meaning they are less expensive to run.

For more information about storage heaters, please refer to our website and visit the advice resources page:

www.ridgewaterenergy.co.uk/advice-resources-2

Insulation

The most effective way to maintain warmth in your home and help reduce energy bills!

Cavity wall insulation

Cavity wall insulation can save around 35% of the heat loss through your walls, and can save as much as 30% from your heating bills. It also saves around a tonne of carbon dioxide a year. In the BCP area, the majority of properties have a cavity that can potentially be insulated. There are often grants available to help with the cost.

Loft insulation

Loft insulation is a relatively straight forward measure to install and can save around 30% of the heat loss from your home, and as much as 20% can be saved from your heating bills as a result. Loft insulation helps to create an even temperature in your home – keeping your home warm in winter and cool in the summer.

Underfloor insulation

If you have suspended timber floors, it may be possible to insulate them. If you have suitable underfloor access or where a hatch can be cut in to the floor, or floor boards lifted, you may be able to insulate the under floor area. As a low cost solution to draughts, you could fill gaps between floorboards using a regular tube of silicone sealant. Additionally, having good underlay and thick carpet can also help towards making the home warmer.

Room in roof insulation

If you have a top floor room with sloping ceilings, it may be possible to insulate these, by installing insulation in between the ceiling rafters. This can be an expensive solution, but will make a difference to your heating bills.

This measure is only possible and recommended if you already have a room formed in the loft space. In relation to grant funding, there is never funding to fully convert a loft space into a loft room.

Visit the resources page for more information:
www.ridgewaterenergy.co.uk/advice-resources-2



Energy Use in The Home

Electricity is very expensive, currently around 3-4 times more expensive than gas. Reducing electrical consumption is an easy way to dramatically reduce energy bills. It can be quite easy to become a low user.

Standby Use

- 1 LED light bulb = around 10W. 10W constant use 24/7/365 costs about £30 a year at October 2022 electricity prices.
- On your electricity bill 10W constant use adds up to be about 100kWh of your annual usage. 50W is about 500kWh per year. 100W is about 1000kWh per year!
- Eliminating unnecessary usage can take you from being a medium to a low user.

Using a Smart Meter

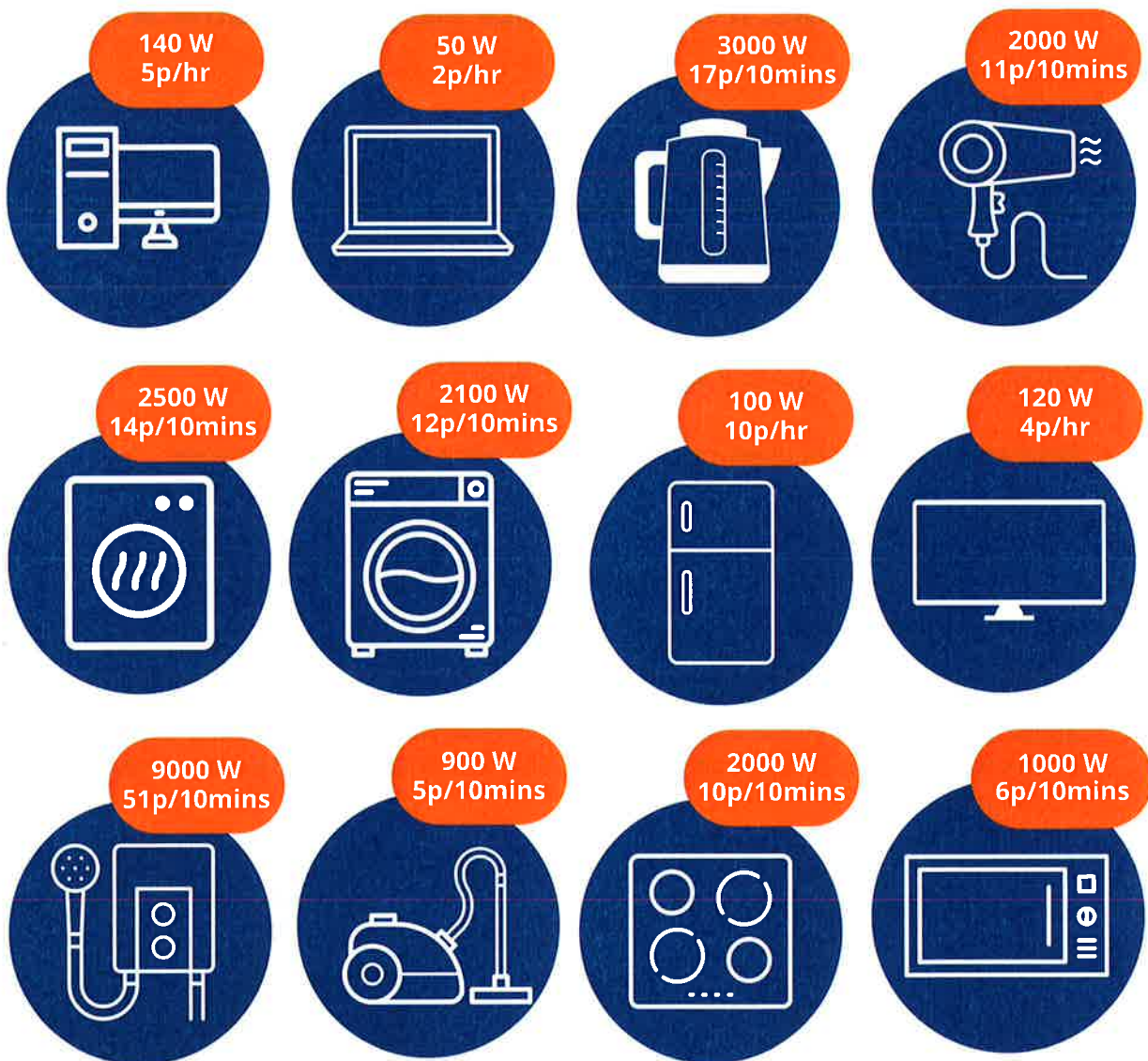
- The In-Home Display of your Smart Meter is a great way to work out your standby load and general energy usage.
- Using the **“now”** function will tell you how much the house is using right now! Aim to get it to about 30W which will be the boiler controls, the internet and a couple of other bits. It is best to do this when the house is resting, maybe before bed and make sure the fridge/freezer motor is not running.
- Use the **“history”** function to calculate roughly how much electricity you use over the year. Multiply your average daily usage in kWh by 365 days to keep track of things.



How is consumption calculated?

Electricity is sold by the kilowatt-hour (kWh) – usually referred to as ‘units’ on your electricity bill. You can work out how much an appliance costs to run, by multiplying its wattage by the amount of time it's on and then by the unit cost of electricity.

So let's say you have a 500W (0.5 kW) dehumidifier and you run it for a whole day (24 hours). It will use 12kWh of electricity (e.g. half a kilowatt every hour). Electricity now costs around 34p per unit, so multiply 12kWh by 34p and you get a grand total of 408p, or £4.08. This is what it costs to run the dehumidifier all day.



The costs above are based on a unit price for electricity of 34p per kWh (average direct debit rate) which is the price cap after 1 October 2022. More examples can be found here:

www.cse.org.uk/advice/advice-and-support/how-much-electricity-am-i-using