

QUICK AND EASY WAYS TO SAVE ENERGY

Thinking how we use energy in our homes and making simple changes to our lifestyle can all add up

Saving energy where possible will help cut the cost of your bills not just in winter, but throughout the year

These measures don't need to cost a lot either, some can be done cheaply and easily, while others won't cost you a penny, but all will help make savings

Tel: 01595 744179

Email: carbonmanagement@shetland.gov.uk



Advice and Support

If you need any further advice, then please contact the Shetland Island Council's Energy Helpdesk below. Alternatively, you can also contact:

Home Energy Scotland

Free Phone: 0808 808 2282

Web: www.greenenergyscotland.org/warm-homes

Citizens Advice Bureau

Market House, 14 Market Street, Lerwick

Tel: 01595 694696

Email: sicab@shetland.org

Web: www.cas.org.uk

www.shetland-communities.org.uk/subsites/CAB

Shetland Island Credit Union

Toll Clock Shopping Centre, Lerwick

Tel: 01595 691044

Email: info@shetlandcreditunion.org



SHETLAND ISLAND COUNCIL
CARBON MANAGEMENT TEAM

Estate Operations, Carbon Management Team

Infrastructure Services Department

Gremista Depot

Lerwick

Shetland

ZE1 0PX

Tel: 01595 744179

Fax: 01595 744177

Email: carbonmanagement@shetland.gov.uk

How To Cut Your Energy Bills

Advice on how to save energy and money this winter



SHETLAND ISLAND COUNCIL
CARBON MANAGEMENT TEAM



With winter coming and energy cost rising, there are a number of simple measures you can do, for a minimal cost, that can help save energy and cut you bills

Turn It Off



This is a quick, **no Cost way to save** and just involves a few small changes.

Switch off lights when you leave a room.

Appliances left on standby still use energy. Switching them off at the wall could save between £50 and £90 a year

Exclude Draughts

Many houses lose heat through draughts from windows, doors, cat/dog flaps, letter boxes, keyholes, loft hatches, floorboards, chimneys and where pipe work enters a house.

Simple draught-proofing measures can save around £55 each year for an upfront cost of £115.

DIY shops sell low cost draught-proofing solutions you can install yourself around doors and windows.

Use silicone sealant on skirting boards and infilling holes around pipe work.

Fit a chimney balloon when the fire is not in use.

Use homemade draught excluder sausages for the foot of the door.

To keep heat in and draughts out, draw all curtains at dusk, have a curtain over the front door or thermal a thermal blind over any glass panel

Shut doors to keep heat in.

Use Less Energy and Save On Your Bill

None of the following measures cost a lot but when added together deliver **big savings**:

Turning down your thermostat by just 1°C could your bills by 10% and save you £65 per year.

Don't put furniture in front of radiators as this blocks the heat from circulating, while silver foil behind radiators can reflect more heat into the room.

Heat only the areas of the house you use, keeping the rest just at frost proof until needed.

Make sure you know how to operate your heating controls and, if needed, fit individual thermostats so you can set different temperatures in each room – saving around £70 per year.

Set your hot water to 60°C (140°F) – higher temperatures use more energy than required.

Fit a jacket to your hot water tank to insulate it. Any exposed pipe work can also be insulated with standard DIY materials. This could save £45 p.a.

Set your washing machine to a lower temperature (e.g. 30°C). This uses 40% less energy saving £13 per year.

Dry your clothes outside as much as possible – even on dry winter days – rather than using a tumble dryer.

Only fill the kettle to the amount you need – this could save you £10 per year.

If your shower is heated direct from a boiler or hot water tank, fit a water efficient shower head. It could save you £90 per year.

Only turn lights on when needed and use energy saving bulbs. These save you £3 per bulb per year.

It all adds up!

Get the best deal

Ask your energy supplier:

Are you on the best tariff rate?

Are you entitled to any discounts, especially if you are on any benefits?

If they are running any deals that can save you money?

Is your payment method the cheapest option?

Shop around to see if other suppliers can offer better tariff rates. Check your options periodically. You can get information from the Citizens Advice Scotland or Shetland Island Credit Union on switching.

Always read your meter to ensure you are not under or over paying. Don't use estimates



Insulate your Home

If your home isn't properly insulated and draught-proofed then a lot of the heat you use will be lost

Look out for any grants or loans that may help improve the energy efficiency of your home.

Improvements will save energy and money. Top up your loft insulation to at least 270mm (10 inches). This could save up to £180 per year.

Check if your home has wall insulation. If not insulate either by filling the cavity (if there is one) or fitting internal or external wall insulation.

Under floor insulation can save around 10% of your heating cost.

Keep heat in!