

Before insulation



After insulation



The yellows and reds in the first image show the hot spots where the heat is escaping. The darker colours in the second images show how insulation has prevented the heat escaping, and those hotspots are much cooler.

Thermal imaging shows how much heat escapes from your home when it isn't properly insulated

Casey's energy efficiency projects work to make your homes warmer, cosier and cheaper to heat, but there are some things you can do to reduce your utility bills even more.

See inside for some **£££** saving tips



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PRO-ENVIRONMENT

Here are some easy steps to a more energy

- If you've got central heating, turn the thermostat down by one degree. It could cut your heating bill down by 10%. The thermostatic valves on your radiators are another way of cutting costs, as are timers.



- Switch off lights in rooms you are not using.



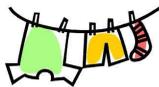
- Don't use stand-by. Switch off the TV, dvd recorder, computer and stereo when they are not being used.



- On washday, make sure your washing machine has a full load and keep the wash temperature as low as possible. If you can't wait until there is a full load, use the half load or economy setting.



- Air drying your clothes is cheaper than tumble drying.



- If you can't dry your clothes outside, pick a room where you can have the doors closed so the dampness won't spread. Keeping a window open slightly will help with ventilation.



- If you do use a tumble drier, the vents should lead outside unless you



have a condenser fitted.

- When using the fridge or freezer, don't leave the doors open longer than necessary. The motors have to work harder to replace the lost cold. And defrost your freezer regularly to cut down on running costs.



- Use the shower rather than the bath if you can. It uses a third of the water.



- Keep the hot water thermostat at 60°C. Any hotter than that and it's burning your money.



- Making a brew? Don't overfill the kettle. If it's just for one cup, you only need to just cover the element. If you can, use a kettle with a water gauge.



- Put the lids on your pans when you are cooking. It will use less energy for the same result, and produce less condensation.



- If the flames lick the side of the pans the heat is too high or the pan



efficient home and lower domestic fuel bills

is too small. Either way, it is wasted energy. If your pan is on a mad boil you have the heat higher than you need too.

- In your kitchen, does your cooker stand next to your fridge or freezer? If so they will be working against each other. If you can't separate them, try at least to ensure a decent gap or insert a piece of insulation board.



- Draw your curtains. They are a great way to keep the heat in. Close them when the sun goes down and open them when it shines. Heavier curtains, or thermal linings, are even better.



- Fit energy efficient light bulbs. Each one could save you up to £70 over the life of the bulb. And some of the newer bulbs do work with dimmer switches.



- Make sure you turn the taps off properly. As well as being irritating, a hot tap left to drip all day will fill a bath. That's a lot of hot water down the drain. Persistent drips can usually be sorted out with a new washer.



- Bounce your heat back. Install reflective panels behind your radiators to bounce the heat

back into your room and stop it escaping through the walls.



- Set your timer so that your heating only comes on when needed. Remember the time it takes to heat up and cool down – set it to come on 30 minutes before you get up and to go off 30 minutes before you leave or go to bed.



- Where possible use off-peak electricity, usually between mid-night and 7.00am.

OFF-PEAK

- To monitor your electricity usage, you could get a real time electricity monitor. Some energy suppliers provide them free with certain tariffs, or you can buy them from retailers for £30-£100.



- When you are buying new appliances, look for the Energy Efficiency Recommended blue triangle. Those with an A grade are the most efficient. They may be more expensive, but they will give you savings in the long run.



- Fit extractor fans in the kitchen and the bathroom—they will make a big difference to condensation and damp problems.



One last thing

Consider whether you are on the correct tariff with the right energy provider. It is not difficult to change your supplier. All you need is your last 4 quarterly bills.

For more information check

www.uswitch.com tel 0800 178 3492

www.ukpower.co.uk tel 0800 320 2000

You just need to

- enter your postcode,
- know who your current supplier is,
- Know what tariff you are currently on, and
- How much you pay and how you pay it, or how much electricity and gas you use (you will get more accurate information if you have a year's usage figures from your bills).

The websites will then give you a list of suppliers and tariffs that are available to you and show whether they will save you money.

Please be aware that your current provider may charge a termination fee for you to transfer to another provider.

You can get more information on energy efficiency from
www.energysavingtrust.org.uk

