

Energy Saving



A guide to saving energy and money in the home



www.fortisliving.com

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Introduction

Why save energy?

Most importantly it's good for your purse or wallet. Saving energy means that you are saving money. With the ever increasing price of fuel and the cost of electricity nearly doubling since 2002, there has never been a better time to be more energy efficient. Cutting unnecessary wastage will make it more affordable for essential things like heating.

Would you like to reduce your energy bills but don't know where to start? Well, understanding how much energy appliances and heating systems use and how much that costs is a good place to start.

This booklet contains lots of useful information on energy consumption and costs and we have included our top tips for saving energy. This will help to get you started



Heating comparison cost

(Cost based on September 2014 average cost of 15.2p per kWh for electricity and 5p per kWh for gas)

Fuel Appliance cost per hour

Gas

Gas fire

on full	11p
on medium	7p
on low	4p

Gas central heating

(including water heating)

in very cold weather	43p
in cold weather	22p
in mild weather	17p

Heating is thermostatically controlled so the lower the temperature outside the harder the boiler has to work to achieve the required heat indoors which in turn increases the running cost.

Wall-mounted gas flued heater

on full	6p
on medium	5p
on low	3p

Bottled gas

Calor gas heater

on full	95p
on medium	68p
on low	23p

Electric

Bar fire

3 bars - 3kW	39p
2 bars - 2kW	26p
1 bar - 1kW	13p

Oil filled radiator

1kwh 13p 2kwh	26p
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Fan heater

2kwh	26p
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Convactor heater

2kW	26p
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Immersion water heater

39p *standard Tariff*

Immersion water heater Economy 7

18p *off peak*

Storage heaters - overnight charges

400w per 7hr - 2.8kw	17p
800w per 7hr - 5.6kw	34p
1100w per 7hr - 7.7kw	46p
1400w per 7hr - 9.8kw	59p
1700w per 7hr - 11.9kw	71p
2500w per 7hr - 17.5kw	£1.05
3400w per 7hr - 23.8kw	£1.43

*Cost is for each storage heater and is based on an Economy 7 off peak tariff average of 6p per kw.

From these comparisons you can see that using an electric fan heater to heat one room can cost the same as using your gas central heating system to heat the whole house and the hot water.

Using your heating system or storage heaters incorrectly can increase your energy consumption significantly which will lead to higher bills.

User instructions for all heating systems are generally available to download on the internet or alternatively contact our Home Energy Advisor for more information.

Cost of running appliances

(Cost based on September average cost of 15.2p per kw)

Kettle 2.5kwh	37.5p per hr
Toaster 1kwh	15.2p per hr
Microwave 800w	12.16p per hr
Slow Cooker 100w	2p per hr
<i>Fridge Freezers use approx. 1 to 2 units per day so between 15p and 30p a day.</i>	
Electric Hob/	
Ring 1kwh	15.2p per ring per hr
Gas Ring	4p per hr
Gas Oven	7p per hr
Iron 2kwh	40.4p per hr
Washing Machine	
Approx	50p per 1 hr wash
Tumble Dryer approx	
	50p-60p per load
Hairdryer 1600w	24.3p per hr
Straighteners	8p per hr
Electric Shower 9kwh	
	23p for 10 minutes or £1.37 per hr
Shower (Gas heated hot water)	
	13p for 10 minutes or £0.78 per hr
Bath (150 litre water heated by Gas boiler)	
	31p per bath

Bath (150 litre water heated by electric immersion heater) 90p per bath

Energy efficient light bulbs 15w=0.2p per hr

Old style lightbulb (equivalent light to 15w energy saving bulb) 100w =1.5p per hr

Fairy Lights string of 80 standard .3w bulbs on for 6 hours a day =2p a day

LED bulbs on for 6 hours a day 0.33p (less than a 1/3rd of a penny) a day

Desktop Computer

The average PC needs one unit of electricity to run for 3 hours (15.2p) so approximately 5p per hour. Laptops are much cheaper at less than a penny per hour.

Games Consoles on average use one unit of electricity (15p) to power 3 hours of gameplay so approx 5p per hour, The Wii is slightly cheaper and PS3 slightly more.

DVD/Video 12 hours 7p

TV 12 hours 7p

The wattage for the appliance is usually stamped on the bottom or back of the appliance on the nameplate. Many appliances have a range of settings so the actual amount of power an appliance uses depends on the setting. For example, a radio set at high volume uses more power than one set at low volume. 1000 watts = 1 kW. 1 kWh costs approx. 15p.



Energy saving tips



There are lots of ways to save energy or use it more efficiently at home. Most cost nothing, some cost a little but they will pay for themselves in no time with the savings made.

Lighting

Fit lower wattage or energy efficient bulbs wherever possible. They use less than a quarter of the energy of traditional bulbs and create the same amount of light. This gives considerable savings over the lifetime of the bulb.

Keep your lampshades and bulbs clean, they give out less light if they are dirty. Dark lampshades give out less light so use lighter shades to make the most of the light.

Turn off any lights you don't need, but do make sure you have enough lighting on stairs and hallways. Plug-in led night lights are cheap to buy, cheap to run and give out enough light on landings etc to not have a light on overnight.

Spotlights and external flood lights are more expensive to run than other lighting, so avoid leaving them on for long periods.

Fluorescent tubes give out more light and are the best choice for kitchens.

Heating

The recommended temperature for sitting rooms and bathrooms is 21°C. For every 1 degree that you have it

above this will add an extra £65 a year to your gas bill.

If you have thermostatic radiator valves (TRVs) you can use them to control the temperature of the heating in the rooms that you are using and turn them down or off in a room when you are not using it. Please note that rooms not in use should be heated occasionally to avoid the risk of condensation and mould growth forming.

If you are feeling chilly, put on an extra layer of clothing before you turn the heating up. An extra jumper or a pair of socks could make all the difference and save you money.

Hanging thermal curtains or adding a thick lining to your existing curtains can help keep the heat in and close them as soon as it starts to get dark. Using draught excluders at doors keep the heat in the room that you want it.

Use the right tog duvet to avoid using heating overnight. Use a lower tog for the summer and a higher one for the winter. You can get an all season 3 in 1 duvet.

Why not try a hot water bottle instead of an electric blanket? It'll be cheaper, safer and will still keep you warm. Use leftover water from the kettle when making a hot drink to fill it up.

Get some extra blankets and keep them near to the bed to put on if you feel cold during the night

Bathing

Aim to take a shower rather than a bath. A five minute shower will save approximately 60 litres of water compared to filling an average sized bath and save lots on water heating costs. There are lots of water saving devices available, many of which are free.

Laundry

Always try to put a full load of washing into your washing machine or tumble dryer.

Save energy by washing at lower temperatures. Washing clothes at 30°C instead of a higher temperature can use around 40% less electricity.

Use economy programmes on your washing machine for small loads or washing which isn't very dirty.

Whenever possible, dry washing outside. Don't hang your washing over radiators as you will cause condensation and use more money in heating. Use an airer instead.

If you use a tumble dryer, spin your clothes first. They'll dry in the tumble dryer more quickly. Also use a dryer ball in the tumble dryer. This separates the clothes and helps them to dry quicker.

Make sure the filters in your tumble dryer are fluff free. A blocked filter prevents the hot air from circulating freely so it takes longer to dry the clothes.

Do the ironing in batches rather than one or two things at a time will reduce the amount of electricity used. You can reduce the amount of creasing on tumble dried clothes by lowering the heat on your tumble dryer and hanging or folding your clothes as soon as the cycle has finished.

Cooking

Only fill kettles with as much water as you need. Make sure there's enough water to cover the element when using an electric kettle.

When cooking vegetables, use just enough water to cover the food and put a lid on the pan to keep the heat in. Simmer instead of boiling; less steam means less need to ventilate the room, avoiding condensation buildup.

Always use the right size of pan for your cooking ring. Use a stacking steamer when possible, this will cook three times the amount of food for the same price as one pan.

Don't keep opening the oven door while you are cooking.

Energy saving tips



Make toast in a toaster, not under the grill.

Use a microwave instead of the oven wherever possible, they're quick, easy and economical to use. They're not just for reheating and defrosting, but for fresh food too.

Don't forget to turn off the gas on the hob as soon as you have finished cooking. Never use a gas cooker to heat the room.

Fridges and Freezers

Don't position your fridge or freezer next to a cooker or in the sun. Make sure air can circulate around the back of your fridge or freezer and keep the back dust free.

Load and unload the fridge as quickly as possible. Don't leave the fridge door open for longer than you need to. Fill the gaps in your freezer with carrier bags full of scrunched up newspaper.

Never put hot food in a fridge or freezer. Let it cool first.

Defrost your fridge or freezer regularly to keep it working efficiently. Ice should never be more than a quarter of an inch (6mm) thick around the ice box and make sure the door seals work effectively.

Other Appliances

TV's, DVD's and Hi-Fi's use up to 90% energy in standby mode. Make sure they are turned off at the socket. Or use a power down device which will automatically turn them off when you switch off your appliances.

Try to buy 'A' rated appliances and switch them off at the wall when not in use. You'll be surprised how much you save! It can be a little more expensive but by buying a highly efficient appliance, you will save money and energy in the long run. Look out for the energy rating labels.

Towel dry your hair so you don't have to use your hairdryer as much.

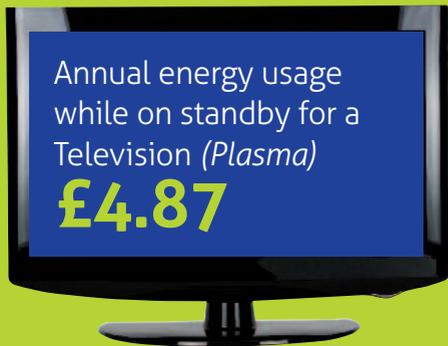
Try not to leave phones or other items charging overnight. A few hours are usually all that's needed. Chargers can be a fire hazard if left on.

Dishwashing

If you are using a dishwasher, wait until you have a full load before putting it on and use the economy programme wherever possible. Also, pre-rinse dishes in cold water not hot.

If you are washing dishes by hand, use a bowl or put the plug in the sink and don't leave the tap running. Save your dishes until you have a bowl full to wash up in one go.

Standby to save even more



Did you know that the average household wastes around £68 a year on standby alone and that some appliances can be using as much as 90% of the energy that they would use when switched on?



Annual energy usage while on standby:

Wireless Router (e.g. BT Hub)	£21.92	CD player / Tuner	£4.87
Printer (Laser)	£18.26	Television (Plasma)	£4.87
Set-top (Satellite)	£18.26	Video Player	£4.87
Amplifier	£2.18	Inkjet printer	£4.26
Compact Hi-Fi	£12.18	Desktop PC	£3.65
iPad charger	£12.18	Nintendo DS	£3.65
Nintendo Wii	£12.18	Oven (Electric)	£3.65
Set-top box (Freeview)	£7.31	Microwave	£3.04
Alarm Clock	£6.09	Television (CRT & LCD)	£3.04
Microsoft Xbox 360	£6.09	Mobile phone charger	£2.44
Modem	£6.09	PC monitor (CRT)	£2.44
Sony PlayStation 3	£6.09	Electric toothbrush	£1.22
Air freshener plug-in	£4.87	Childs night light	£0.73

Seeing Your Energy Bills Reducing

This booklet is full of energy saving ideas but how will you know if they have worked. The best way is by seeing your bills go down. Take regular meter readings to calculate how much you have used. Energy is charged by kWh (*a kilowatt hour*). On your electricity meter, each unit = 1kWh which costs approximately 15p (*depending on your tariff*.) On your gas meter it is a little bit more complicated to measure as the number of units have to be converted

to kWhs using a small calculation. A very rough estimate for gas is that 1unit = 11 kWhs. A kWh of gas costs approx. 4.5p so 1 unit is approx. 49.5p. So let's get started. Take a meter reading and record it in the table below. Take regular readings to compare how much energy you are using. You can compare daily, weekly or monthly usage, just remember to divide it by the number of days between readings to get a more accurate comparison.

Electricity

Date	Reading	Units Used	Cost

Gas

Date	Reading	Units	Convert to kWhs	Cost

Please remember that you will need to add vat and your daily standing charge to these amounts.

Switching tariff or supplier

You don't always need to switch suppliers to get a better deal. Energy suppliers now have to tell you what the best/cheapest tariff is that they can offer you. You can usually switch tariffs within your current supplier without any penalties even if there is an exit fee. Suppliers bring out new tariffs regularly so always check your bill for any information regarding cheaper tariffs that are available. Also look on their websites or give them a call.

If you do want to switch suppliers, use the switching sites that have been accredited by the Ofgem Confidence Code. These sites compare different energy suppliers prices, show how much money could be saved and provide an easy to use switching service. It is free, fast and simple to switch and they take care of all the paperwork, you just sit back and wait for your new supplier to contact you with a start date of your new service.



You could also use the My Home Energy Switch as recommended by the National Housing Federation. You can call them on **0800 0014706** or online at **www.myhomeenergyswitch.org**

Accredited Comparison Sites:

www.energyhelpline.com	Tel No 08000740745
www.energylinx.co.uk	Tel No. 0800 8497077/01259220000
www.moneysupermarket.com	Tel No. 08001777087
www.simplyswitch.com	Tel No. 0800111395/03332528191
www.theenergyshop.com	Tel No. 08453307247
www.uswitch.com	Tel No. 08006888244
www.unravelit.com	Tel No. 08008620021
www.myutilitygenius.co.uk	Tel No. 02034680461/08444145875
www.which.co.uk/switch	Tel No. 01259220235/08004101149

Please note that some of these numbers are not free from either a landline or a mobile.

Useful Contact numbers

Including mobile friendly ones

Don't know who your
gas supplier is?

Contact Meter Number Helpline:

Gas 0870 6081524

Don't know who your
Electricity supplier is?

Electricity 0845 6030618

In the event of a power cut contact:

Western Power Distribution

0800 6783105

Severn Trent

03457 500500

Welsh Water

0800 0520145

Dee Valley Water

01978 846946

Energy Suppliers

Numbers	Landline	Mobile Friendly
British Gas	0800 0480202	0333 2002026
Scottish Power	0800 0270072	03452700700
Eon	0345 3024294	0333 2024606
EDF	0800 0969000	01138207117
Npower	0800 0733000	03301003000
SSE	0800 9808476	
First Utility	01926 320 700	01926 320 700

Energy Saving Trust has a network of Energy Efficiency Advice Centres providing free, impartial, expert advice. Their aim is to help consumers reduce their energy use and save money.

You can contact them on tel number

03001231234 or online at

www.energysavingtrust.org.uk

Home Heat Helpline **0800 336699**

provides advice for people having difficulty paying their fuel bills.



If you would like to find out more about Fortis Living please visit our website:

www.fortisliving.com

or E-mail: **info@fortisliving.com**

Please note: All information is correct as at January 2015.