



Energy Saving Tips

By Dave Green

I know we have been bombarded with energy saving tips recently, but it is worth repeating some of the no/cost/low-cost ones. There is also excellent advice at:

<https://energysavingtrust.org.uk/hub/quick-tips-to-save-energy/>

- Eliminate draughts – for example, a heavy curtain at the end of my hall before the downstairs toilet makes a very noticeable difference.
- Turn your thermostat down (mine is set to 19°C).
- Turn off heating in rooms you are not using and shut the door.
- Get a free energy survey from Groundwork East as advertised above.
- Apply for a 'Warm Homes' grant from warmhomessuffolk.org
- Insulate, insulate, insulate.
- Turn down the flow temperatures on any gas boiler (say mid-way/55°C). It increases the efficiency and reduces the risk of burning your hand on a ridiculously hot radiator. Do a boost to 65°C every month or so to kill any Legionella bacteria in your hot water pipes or tank. My heat pump flow temperature averages around 40-45°C and our house is nicely warm. Just takes longer to warm up although if you have a poorly insulated home a very low flow temperature may not get the temperature up to your thermostat setting.
- Turn off devices on standby. Use LED bulbs.
- Consider cooking options. For example, a slow cooker consumes less power than heating an oven up for a roast, stew etc. A combination microwave might be an option as the convection function is heating up a much smaller volume than a typical oven so consumes less power.