Energy
efficiency

Water

>> Don't leave the tap running when you're cleaning your teeth or shaving

>> Don't have the bath water too deep. A typical bath uses up to 80 litres of water, while a shower uses just a third of that amount.

>> When boiling the kettle, only use as much water as you need. This avoids excessive energy usage too!

Kitchen

>> Keep your fridge away from other heat sources, as it makes them work harder

>> Opening your oven door during cooking reduces its temperature by 25°C

>> Only run dishwashers at full load to maximise water and energy efficiency.

Heating

>> You can cut energy bills by up to 10% by turning your heating down by one degree – though it's recommended that you keep the temperature between 18°C - 21°C.

>> Close your curtains at dusk and tuck them behind your radiators if you have no gas wall heaters present.

>> Open internal doors of the rooms that get most of the sunlight. This allows warm air to travel through and heat your home naturally.

Lighting

>> Don't use higher wattage lightbulbs than you need and install LEDs wherever possible.

>> Ensure outdoor lighting outlets have low energy bulbs and light sensitivity sensors so they stay off during the day. If you have an outdoor security light, ensure it is fitted with a motion sensor.

Appliances

>> If you need to buy a new appliance, make sure it is as highly rated as possible (A+++ is the optimum).

>> Turn appliances off standby. The average household wastes over £30 per year through leaving appliances on standby.

Sanctuary