



Top 10 energy saving tips

Find out what small changes you can make to help you have a warmer home and save money on your energy bills

**Sunderland
City Council**

Top tips

We know times are tough but these handy hints could help you save on your energy bills



Tip 1 - Curtains

Closing your curtains at night and tucking them behind radiators stops heat escaping through windows.



Tip 2 - Layer Up

Instead of turning up the heating, could you pop on another layer like a vest or jumper? Or sit with a hot water bottle or blanket while watching the TV?



Tip 3 - Lights

Always turn off lights when they don't need to be on! Open your curtains and blinds during the day time to let in natural light and change bulbs to energy savings LED bulbs - you can sometimes get these free from energy advice providers.



Tip 4 - Avoid and report energy scams

Watch out for scams pretending to be from energy companies and Ofgem. Never click on links asking for personal or bank details and always report any scams to: www.actionfraud.police.uk



Tip 5 - Washing

Most washing machines have an 'eco' setting that use less energy compared to normal cycles. Using cooler wash temperatures can also help cut costs.



Tip 6 - Cooking

If you can, try and use appliances like a microwave or air fryer instead of the oven to cook as they use a lot less energy.



Tip 7 - Radiators

Bleed your radiators regularly to prevent air being trapped inside, which leaves cold spots on your radiators.



Tip 8 - Thermostats

If you're spending all day in one room, there's no need to heat the full house. Thermostatic radiator valves let you set the temperature of each individual room. When the temperature in that room rises above what's set on the radiator valve, it will stop water flowing through that particular radiator and use less energy.



Tip 9 - Smart Meters

Smart meters can help you track your energy consumption with real time information so you know what appliances are expensive to use.



Tip 10 - Submit regular meter readings

If you don't have a smart meter, make sure you provide your energy supplier with regular meter readings. If you don't, they estimate your usage and you could be paying too much or too little!

Where can I go for support?

If you're struggling to pay your energy bills or are in debt with your energy supplier, there are lots of local and national organisations that offer support to help you get back on track:

Your energy supplier

Contact your energy supplier directly as they may be able to offer payment plans, schemes and grants to help with heating and energy costs.

Ofgem

Ofgem's website has lots of helpful information about how to reduce your energy usage and bills including what to do if you are struggling to pay your energy bills. You can learn more about the Priority Services Register (PSR) which is a free UK wide service that makes sure extra help is available to people in vulnerable situations, visit: www.ofgem.gov.uk

Citizens Advice Sunderland Utilities Team

The team can help you to reduce your energy costs by comparing energy providers, payment methods and tariffs. They also offer help and advice about debts, benefits, and other types of financial support that are available.

Contact them Monday to Friday, 9am to 4pm on 0191 415 8998 or email: energy@citizensadvicesunderland.co.uk

Green Doctors

This organisation offers free energy advice and services, such as fixing causes of heat loss in your home, tackling problems with mould and damp, and installing small energy savings measures. They can help you to access support such as emergency heating and applying for government subsidies and grants. Contact Julia Bentley on 07515327185, email: GreenDoctorsNE@groundwork.org.uk or visit: www.groundwork.org.uk/greendoctor

Northumbrian Water

The company offers a range of financial support schemes ranging from fixing a leaking toilet for free no matter what your income, payment plans and low income discounts to advice on saving water which can help lower your energy bills too. For more information visit: www.nwl.co.uk/services/extra-support

Sunderland City Council

For further information about reducing energy costs, please visit: www.sunderland.gov.uk/reducing-energy-costs

Get help and advice

There's a range of advice providers across the city who offer free information, advice and guidance on welfare benefits, debt, employment, and housing matters. They can also give advice and support around reducing your energy costs and usage, and help if you've fallen behind or are struggling to pay your energy bills. For more information visit: www.sunderland.gov.uk/get-support

Make your money go further

Find out more about managing your money at: www.sunderland.gov.uk/managingyourmoney