



Healthworks
the community health charity

Save Energy, Save Money!

Our top tips to help you reduce your fuel bills and where to get advice if you need it.



www.healthworksnewcastle.org.uk

Energy Saving Tips

12 quick, easy and low cost things you can do to help save money and the planet!



Turning off standby mode on electrical appliances could save you around £35 per year!



A running tap wastes 3l of water a minute so turn off the tap while brushing your teeth or washing your face.



Make sure that dishwashers and washing machines are full before you use them.



Ensure you regularly use the most efficient water and energy settings on washing appliances.



Using a bowl to wash up rather than a running tap can save money and water.



Turning down your room thermostat by just one degree can save around £55 a year and reduce your carbon footprint.



Using a room thermostat and thermostatic radiator valves efficiently could save you around £70 a year



Turn your lights off when you're not using them and use natural light wherever possible.



Wash your clothes at a lower temperature and use cold water if you don't need hot.



Save around £22 a year from your energy bill just by using your kitchen appliances more carefully.



Fit a water efficient shower head as this will reduce your hot water usage.



Choose energy efficient appliances when replacing old ones wherever possible.



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Top Tips for energy efficient cooking

1. Cook in batches: cook as much as possible in the oven in one go to make sure all the space and heat is being used. You can always freeze portions of food to warm up at a later date.
2. Keep the oven closed while you're cooking: when cooking, each time you open the door the oven loses heat and requires more energy to get back up to temperature. Also, try to keep the oven door clean so you can look in, rather than having to open it to see how your food is doing.
3. Defrost frozen food in the fridge overnight: defrosting food in advance typically halves the cooking time.
4. Get to know your oven: learn how long it takes to pre-heat, so you're ready to start cooking as soon as it's up to temperature.
5. Pre-boil potatoes before roasting: by doing so you'll reduce the amount of time they take to cook in the oven.
6. Use glass or ceramic dishes: they're the most efficient to use in the oven and can reduce the temperature required for cooking.
7. Use stainless steel skewers: insert them into baked potatoes and other food items to speed up the cooking process.
8. Cut food into smaller pieces: that way it will cook more quickly.
9. Use the fan assist cooking option: this allows you to set the oven at a lower temperature compared to when using the static cooking option.
10. Turn your electric oven off ten minutes before the end of the cooking time: it will still keep to the same temperature for this time period.



Test your knowledge with our Energy Quiz!

1. If the average household replaced all bulbs with LEDs, how much could it save on bills a year - £20, £30 or £40?
2. Universal plugs fit all sinks, helping you to use only the water you need. Using one could save you up to...
- 25 litres a day, 30 litres a day or 35 litres a day?
3. If everybody in a family of four replaces one bath a week with a five-minute shower, how much could be saved on gas bills a year
- Up to £5, Up to £10 or Up to £15?
4. How much could a four-person household save each year on gas for water heating if they replaced their shower head with water efficient one
- £18, £28 or £38?
5. When making a cup of tea or coffee, only fill the kettle with the amount of water you need. You'll not only save water but could also save how much on your energy bill - £4, £6 or £8?
6. Washing your laundry at 30°C can help you use less electricity than at higher temperatures.
What percentage could you save - 37%, 47% or 57%?
7. Laptops typically use 85% less electricity over a year than desktop PCs, saving you up to...£15 a year, £17 a year or £19 a year?
8. How much money could you save on your annual energy bill by insulating under the floorboards - £20, £40 or £60?
9. Installing and correctly using a programmer room thermostat and thermostatic radiator valves could save you how much a year
- £55, £65 or £75?



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Energy Quiz answers

1.If the average household replaced all bulbs with LEDs, how much could it save on bills a year - £40

In the UK, lighting makes up around 16% of total electrical use (excluding heating), accounting for 6% of a typical household's energy bill if you include the cost of heating your home. You can save between £2 and £3 per year for every traditional or halogen bulb you switch to an LED bulb with similar brightness. So, if the average household replaced all bulbs with LEDs, it would cost around £145 and save around £40 a year on bills.

2. Universal plugs fit all sinks, helping you to use only the water you need. Using one could save you up to...30 litres a day

If you don't have a washing up bowl, using a plug in your kitchen sink can save you water when doing the dishes or washing fruit and vegetables.

Universal plugs fit all sinks, helping you to use only the water you need and saving you up to 30 litres a day.

3. If everybody in a family of four replaces one bath a week with a five-minute shower, how much could be saved on gas bills a year - Up to £10

If everybody in a family of four replaces one bath a week with a five-minute shower, up to £10 a year could be saved on gas bills and up to £10 on water bills (if you have a water meter).

4. How much could a four-person household save each year on gas for water heating if they replaced their shower head with water efficient one -£38

Replacing your shower head with water efficient one could save a four-person household as much as £38 a year on gas for water heating, as well as a further £53 a year on water bills if they have a water meter. That's a total annual saving of around £91.

5. When making a cup of tea or coffee, only fill the kettle with the amount of water you need. You'll not only save water but could also save how much on your energy bill - £6

Kettles are one of the most used appliances in the kitchen – and given that most of us are still working from home due to lockdowns, their usage has risen even more over the past year. Look for ECO kettles, as these only boil the amount of water required and can use 20% less energy than a conventional electric kettle.



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Energy Quiz answers

6. Washing your laundry at 30°C can help you use less electricity than at higher temperatures. What percentage could you save -57%

Make sure that your washing machine is full before you use them, and ensure you always use the most efficient water and energy settings.

Wash at 30 degrees or use the ECO setting if your machine has one to save electricity and reduce your energy bills.

7. Laptops typically use 85% less electricity over a year than desktop PCs, saving you up to...£17 a year

Many of us will be sitting in front of a desktop or laptop five days a week.

Laptops typically use 85% less electricity over a year than desktop PCs, saving you up to £17 a year.

8. How much money could you save on your annual energy bill by insulating under the floorboards - £40

Insulating your ground floor if you live in a house, bungalow or ground floor flat is another great way to keep your property warm. Usually, you only need to insulate the ground floor – so if you live on an upper floor, you don't need to insulate your floor space. Insulating under the floorboards could save you around £40 a year by preventing the heat from escaping through the ground.

9. Installing and correctly using a programmer room thermostat and thermostatic radiator valves could save you how much a year - £75

It's very tempting to turn the dial to 27°C and hope for the best at this time of year, but this will also trigger a massive energy bill.

In a home without any controls, installing and correctly using a programmer room thermostat and thermostatic radiator valves could save you £75 a year and reduce your carbon dioxide emissions by 320kg.



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Family support and advice services

- Amazing Start Antenatal and Breastfeeding

Healthworks has a dedicated team that works Citywide to provide Amazing Start Services :<https://www.healthworksnewcastle.org.uk/service/antenatal-breastfeeding-support/>

- Children and Families Newcastle

Help and support for children aged 0-19

<https://www.newcastle.gov.uk/services/care-and-support/children/getting-help-children-and-families/children-families-newcastle-0>

- Information Now <https://www.informationnow.org.uk/>

Online information about services for people who live in Newcastle

- Action for Children <https://www.actionforchildren.org.uk/>

- Barnardos <https://www.barnardos.org.uk/>

- Children North East <https://www.children-ne.org.uk/>

- Free and Emergency Food

<https://www.informationnow.org.uk/article/food-banks-in-newcastle/>

- Benefit Advice <https://newcastle.gov.uk/services/welfare-benefits>

- Search Services for over 50's <http://www.searchnewcastle.org.uk/>

- Riverside Community Health Project <http://www.riversidechp.co.uk/>

- Citizens Advice Bureau (CAB) <http://www.citizensadvice-newcastle.org.uk/>

Energy Advice:

- Ofgem <https://www.ofgem.gov.uk/information-consumers/energy-advice-households>

- Energy Savings Trust <https://energysavingtrust.org.uk/energy-at-home/>

- Newcastle City Council

<https://www.newcastle.gov.uk/services/environment-and-waste/energy-advice>

- CAB <http://www.citizensadvice-newcastle.org.uk/services/energy-advice>

- Government Green Deal <https://www.gov.uk/green-deal-energy-saving-measures>

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Healthworks is here for you

We offer a range of services to improve the health outcomes of people across the region:

- Getting active
- Healthy eating
- Stop smoking support
- Cancer awareness work
- Accredited training
- Falls prevention
- Antenatal and breastfeeding support
- Improving wellbeing
- Healthworks Pre-school
- Healthworks Gyms

To find out more information about our work
please visit

www.healthworksnewcastle.org.uk

