



10 energy saving tips during coronavirus lockdown

Due to the coronavirus measures that have been put in place, most of us have been spending more time at home, and will potentially continue to do so in the coming months. During this time, households may be facing increased energy bills that might be causing financial hardship.

However, simple changes to day-to-day activities could make big differences to household bills. Here are 10 energy savings tips for the coronavirus lockdown that everybody can implement as they stay at home and save lives.

You can save around £30 a year just by remembering to turn your appliances off standby mode.

Avoid putting warm food in your freezer as it makes it work harder - allow food to cool down first.

Only boil the water you need in your kettle. This can save you £6 a year.

Save an average of £35 on electricity a year by drying clothes on a clothes line, instead of using a dryer.

Spending one minute less in the shower every day as part of your grooming routine will save up to £7 per person off your household energy bill each year.

Washing clothes at 30°C instead of 40°C can save you around £9 a year.

Don't leave your mobile phone on charge all night – most only need a couple of hours.

Using a bowl to wash up rather than running the tap could save you up to £25 a year.

Switch off lights when not in use. This could save your household £14 a year.

Cut back your washing machine use by one cycle per week and save around £5 a year on energy.

Are you experiencing financial hardship?

Speak to your energy supplier if you are worried about your energy bills and to find out if you are eligible for additional priority services.

To find out if you are claiming all of the benefits you are entitled to call the Warm and Safe Homes Income Maximisation Team on 0800 138 8218 or visit **citizensadvice.org.uk**.

The Warm and Safe Homes Advice Service is run by charity National Energy Action. It provides advice to people struggling to afford their energy and water bills, either directly or via referrals from others.

nea.org.uk/advice/wash-advice

Sources

Information sourced from the Energy Saving Trust and Which?
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energysavingtrust.org.uk/home-energy-efficiency/energy-saving-quick-wins

which.co.uk/reviews/cutting-your-energy-bills/article/save-electricitysaving-energy-in-the-kitchen

energysavingtrust.org.uk/blog/sevensteps-saving-energy-home

energysavingtrust.org.uk/blog/energy-saving-tips-when-you-are-stuck-home

All savings based on figures from Great Britain are not applicable to Northern Ireland.



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