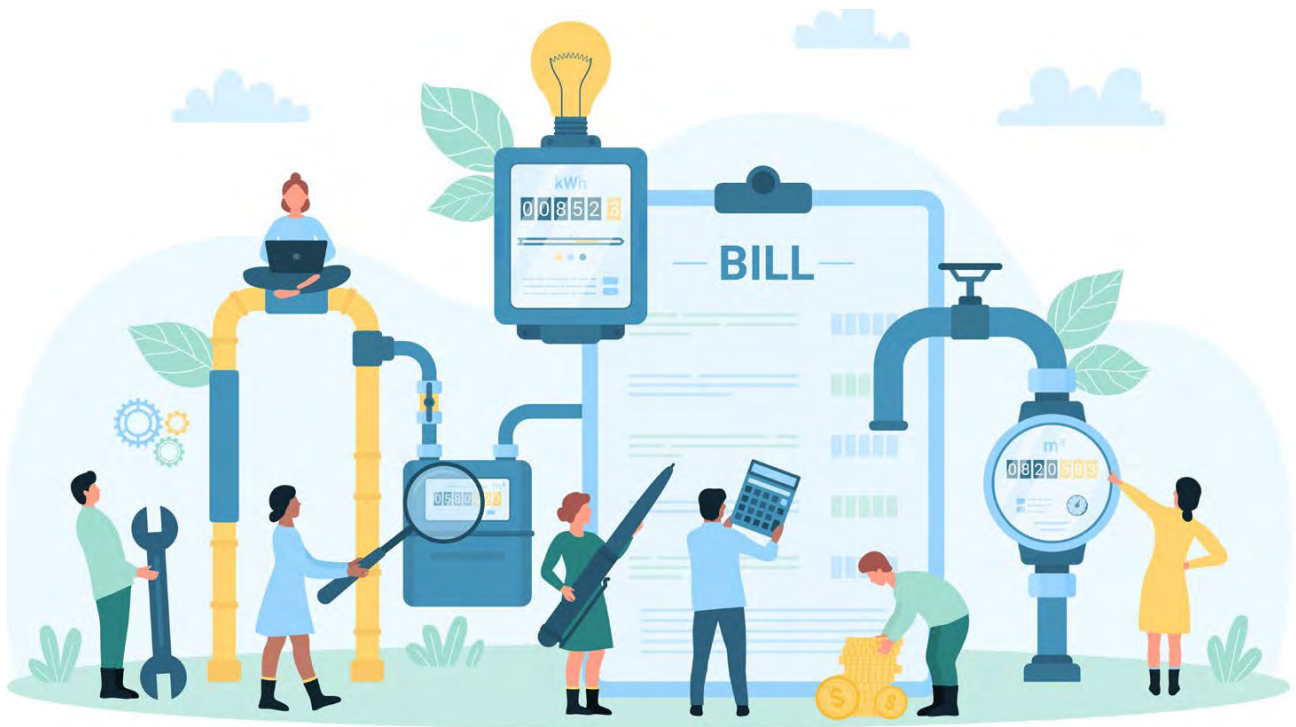




Top tips to use less energy in your home



Easy read booklet



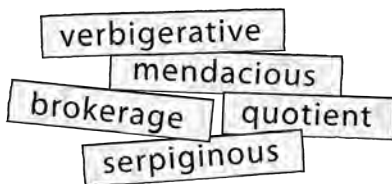
This is an Easy Read version of some information. It has words and pictures.



You might want help to read this booklet. You can ask someone to help you.

words

Some words in this booklet are **black and bold**. This means we think they are difficult words.



We explain what **black and bold** words mean in a box like this.



Some words in this booklet are **bright blue and bold**. These are links to websites or email addresses. You can click on these links on a computer.

Who we are



We are a **charity** called **National Energy Action**.



A **charity** is an organisation set up to help people.



We want to help stop **fuel poverty** in England and Wales.



Fuel poverty is when people do not have enough money to use the right amount of energy to stay warm and healthy in their own homes.



When fuel poverty happens, people might not be able to pay their energy bills. This can mean people get into **debt**.



Debt is when you owe money for something.



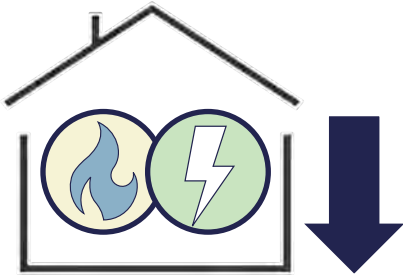
To help fight fuel poverty, we

- give advice and support to people about energy bills
- do work to protect **vulnerable** people
- give training to other organisations so they can support people better.



Vulnerable means people most likely to be affected by fuel poverty, like older people or people with disabilities.

What this booklet tells you about



This booklet tells you information about small changes you can make to use less energy in your home.



It gives you **top tips** about ways to be **energy efficient**.

Top tips are useful bits of advice that are easy to follow.



Energy efficient means using energy in the best way.

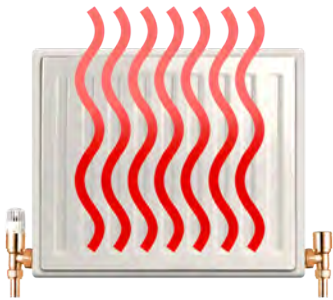


If you follow the top tips in this booklet, it could help you to use less energy, spend less money and stay warm, safe and healthy in your home.

About energy



The energy we use in our homes is measured in units called kilowatt hours, or kWh for short.



If we use less energy for some things, it means we can use the energy we need for important things, like heating.



If we use less energy, it also means our **carbon impact** is smaller.



Carbon impact means the bad effect something has on the **environment**.

The **environment** is everything around us including the air, water, plants and animals.

About smart meters



Smart meters are the latest type of gas and electricity meters.



Smart meters look the same as other meters, but they do some extra things that can help you know more about how much energy you are using.



Smart meters come with a display screen.



If you have a smart meter, you can use the display screen to see how much energy you are using and how much it costs.

Top tips about heating

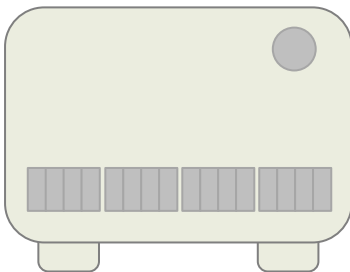


In this part of this booklet, we tell you top tips about how to use your heating in the best way.



- ✓ Make sure you understand the controls for your heating.

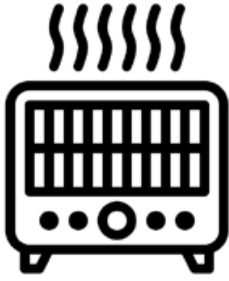
You can look online to find information about the controls for your heating.



If you have heaters called **electric storage heaters**, you can read our leaflet called **Getting the most from Economy 7**.



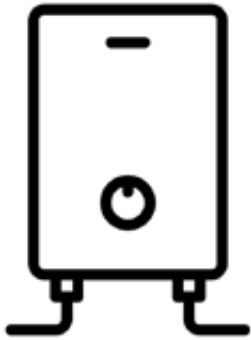
To read our leaflet, go to this website
www.nea.org.uk/get-help.



- ✓ Do not use small heaters to heat your home instead of your main heating.



Small heaters, like electric plug-in heaters, do not do a good job of heating your home and they cost a lot of money to use.



- ✓ Think about lowering the **temperature** of your boiler.

Temperature means how hot or cold something is.



It might save you money if you do this.

To find out more, go to this website

www.nesta.org.uk/project/optimising-boilers-reduce-household-emissions/how-to-optimise-your-boiler.





- ✓ Keep rooms at a temperature between 18 and 21°C.



°C is the symbol for a way to measure temperature called **degrees Celsius**.



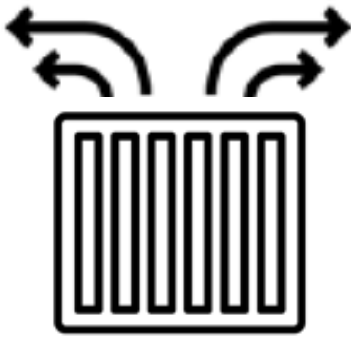
You can use your **thermostat** and the controls on your radiators to set the temperature for your heating.



A **thermostat** is a small machine that controls the temperature of your heating.



Try not to have rooms warmer than they need to be. This will waste money. For example, make sure your heating is off when you are not in the house to use it.



✓ Get **radiator reflector panels**.

Radiator reflector panels are items that are put behind radiators to push heat back into rooms instead of letting it escape through walls.



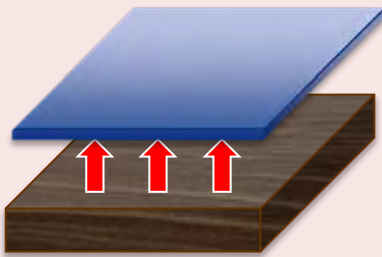
✓ Make sure you understand the timer for your heating.

If you understand the timer, it means you can set your heating to be on and off at the best times for you.

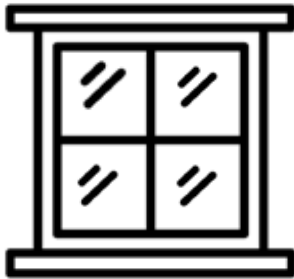
Top tips about insulation



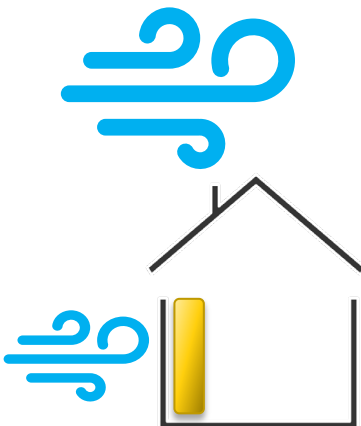
In this part of this booklet, we tell you top tips about **insulation**.



Insulation is when you use a material to protect something so that things like heat cannot escape.



✓ Use **draught excluders** to protect windows and doors.



Draughts are cold bursts of air in places you do not want them.

Draught excluders are items that block gaps around doors and windows to stop draughts coming in.



✓ Insulate your loft.

About a quarter of heat in a home is lost through the roof. This means it is a good idea to insulate your loft.



It will save you money if you do this.



✓ Get help to be more energy efficient.

If you own your home, you might be able to get money to help make your home more energy efficient.



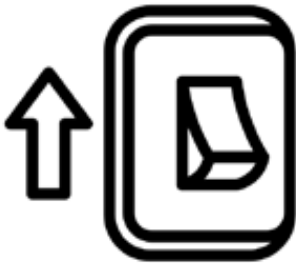
If you want to find out more,

- go to this website www.gov.uk/improve-energy-efficiency
- or call this number **0800 098 7950**.

Top tips about lighting



In this part of this booklet, we tell you top tips about how to use lighting in the best way.



- ✓ Turn lights off when you leave a room.



- ✓ Use low energy LED light bulbs.

These types of light bulb use less electricity and last longer.

Change any older style light bulbs you might have.





- ✓ Make the best use of light and heat from the sun.



Open your curtains when the sun is out and close them when the sun goes down.

If you have thick, warm curtains, they will help to keep heat inside at night.

Top tips about kitchens

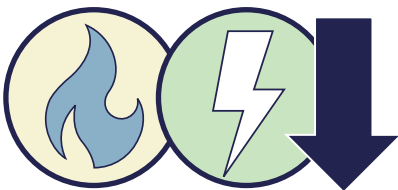


In this part of this booklet, we tell you top tips about how to use your kitchen in an energy efficient way.



- ✓ Cook in a microwave or an air fryer if you can.

Microwaves and air fryers use less energy than hobs and ovens. They also take less time to cook food.



Slow cookers can also use less energy than hobs and ovens.



- ✓ It uses a lot of energy to boil a kettle, so only boil what you need.

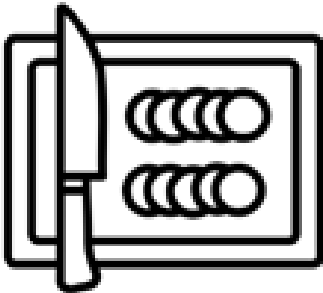


- ✓ Try not to open your oven door when you use it to cook.

Your oven loses about a quarter of the heat inside it every time you open the door.



When you have finished using your oven to cook, you can open the door and let the heat out. This will warm your kitchen.



- ✓ Cut your food into small pieces before you cook it.

Small pieces of food cook quicker than big pieces of food. This means less energy is used.

Top tips about appliances



In this part of this booklet, we tell you top tips about the best way to use **appliances**.

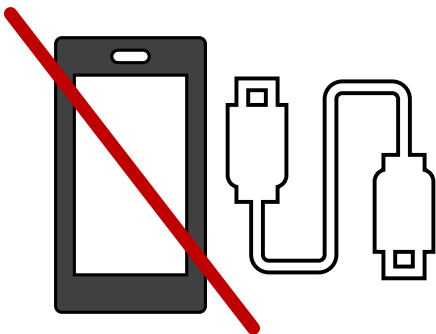


Appliances are items that use energy, like cookers, kettles and washing machines.



✓ Unplug or switch appliances off at the wall.

Appliances that are plugged in or on standby still use electricity.



Try not to charge your phone for longer than it needs.

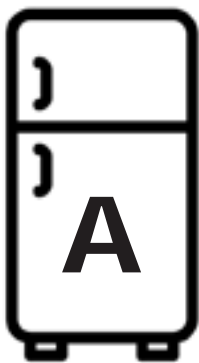


- ✓ Wash clothes at a lower temperature.

You will save money if you wash clothes at a lower temperature, like 30°C or on the setting called **Eco**.



Most washing powders work at a lower temperature.



- ✓ Try to get appliances that are energy efficient.

If you get an appliance that is **A-rated**, it means it is very energy efficient.



- ✓ Dry your clothes in the best way.

If you use a tumble dryer, the latest heat pump type uses a lot less electricity than the older vented type.



Remember, you can dry your clothes outside or on an airer for free.

Top tips about water



In this part of this booklet, we tell you top tips about how to use water in the best way.



✓ Use your shower in the best way.

Get a **low-flow** showerhead.



A **low-flow** showerhead uses less water but does not change how your shower feels.



Spend less time in the shower.

Turn the shower off while you shampoo your hair.



✓ Be careful with your **immersion heater**, if you have one.



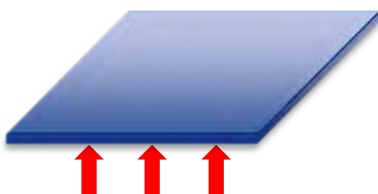
Immersion heaters heat the water for homes that use electricity only for heating and hot water. Not every home has an immersion heater.



If your home has an immersion heater, it is not energy efficient to have it on all the time. Set your timer so you have hot water at the best times for you.



If you have a type of heating called **Economy 7**, you might need to have your immersion heater on overnight.



✓ Insulate your hot water tank, if you have one. Not every home has a hot water tank.



If you have a hot water tank and you insulate it, less heat will escape and the water will stay hot for longer.

National Energy Action's Energy Advice and Support Service



Our **Energy Advice and Support Service** is a free service set up to help people with energy bill problems.



The service can give you advice about

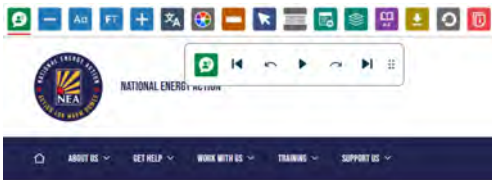
- your energy bills
- how to keep warm in your home
- benefits you might be able to get.



To contact our Energy Advice and Support Service,

- call this number
0800 304 7159
- or go to this website
www.nea.org.uk/get-help.

About National Energy Action's website



You can

- read our website in more than 160 different languages
- ask our website to read the words aloud in more than 100 different languages
- change the way our website looks to make it easier to read if you have certain conditions, like ADHD and dyslexia, or if you have problems with your eyesight.

About this booklet



This booklet was written by National Energy Action in **April 2025**.



National Energy Action

Our website is www.nea.org.uk.

Our charity registration number is **290511**.

Thank you to A2i for the words
www.a2i.co.uk (reference **42592d**)