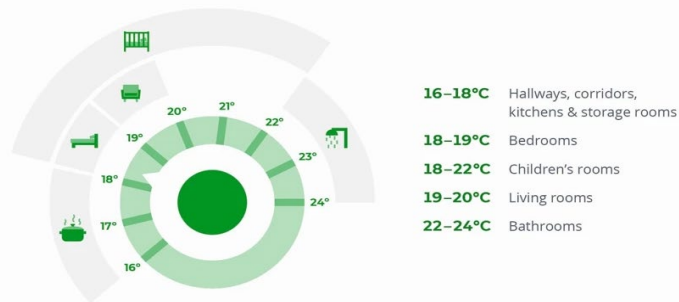


Winter energy saving tips without investment



ACTION	Typical Cost Saving	Typical CO2 Reduction
Get everyone in the household involved in energy saving whether for environmental or cost reasons. Don't try to do everything, pick what works for you and adapt to your situation.		
Check your condensing combi boiler is running the radiator water at about 50 deg C to be most efficient. (You may need to turn this up a bit in really cold weather.)		
Check your boiler is working at the recommended pressure.		
Consider turning down the thermostat a bit and compensate with extra clothing (UK government recommends a minimum of 18 deg C daytime temperature but be conscious of your own needs: Age UK recommends 21 deg C for the sitting room of an elderly person). Adjust your thermostat down at night and use extra blankets etc. 16 deg C is a temperature to consider for bedrooms.		
Consider when you use a room (bedroom at night and sitting room by day) and only heat it when you need it. In some cases, electric heaters can be used to quickly bring a room up to temperature. Turn off/turn down radiators in any rooms you don't use (be careful about damp). Use any radiator thermostats, portable thermostats or zones systems on your heating system that you have.		
Keep internal doors closed in winter to avoid draughts and heat loss. Be especially aware of draughts through floorboards and from cellars and external doors and windows.		
Bleed the air from your radiators, especially if you can hear gurgling.		
Keep furniture away from radiators to maximise heat flow into the room.		
Close curtains throughout the house at dusk to keep heat in. Draw curtains to let sunshine into your house during the day to raise the temperature.		

The magic numbers for heating your home



KEY	Typical Cost Savings	Typical CO2 Reduction
Significant	£10-40/yr.	5-20 kg CO2/yr.
High	£40-80/yr.	20-40 kg CO2/yr.
Very High	£100+/yr.	40+ kg CO2/yr.