

Clear and impartial advice on  
making your home cheaper to  
heat



# STAY IN CONTROL OF YOUR ENERGY BILLS THIS YEAR



HOMEENERGYSCOTLAND.ORG  
**0808 808 2282**  
FUNDED BY THE SCOTTISH GOVERNMENT

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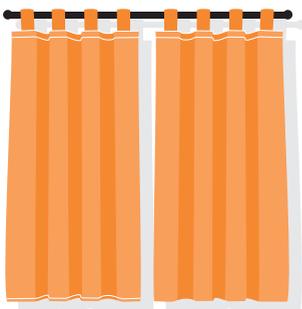
# Save energy at home

Home Energy Scotland gives free and impartial advice about saving energy and reducing your energy bills.

This booklet has some useful tips to help you keep your home warm and cosy for less. Contact us any time for additional information – it's free to call your local advice centre on **0808 808 2282**.

## Keep warm for less

Heating your home can be expensive, but you don't have to sacrifice your everyday comfort to cut costs...



### Windows

- Close your curtains at dusk to stop heat escaping through windows – it really works!

### Lighting

- Replace all household lightbulbs with LEDs and you'll **reduce your lighting costs by 50% or £55 a year.**



### Controls

- Fit and use a good set of heating controls, like a room thermostat and radiator valves, so you can adjust the heat in different parts of the house and stop wasting energy.

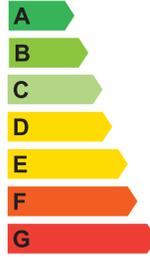
Save around  
**£130**  
a year



## Boiler

- Replacing an old boiler with an A-rated system with a full set of heating controls could **save you around £370 a year\***.

Save up to  
**£370**  
a year



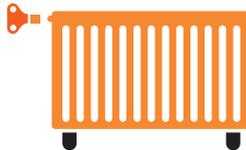
## Timers

- Use your timer to manage when you need heat – for example don't set heating to be on while you're out of the house or through the night while you're in bed.



## Radiators

- Are your radiators working efficiently? 'Bleeding' them can remove trapped air and keep them in good working order.



## Doors

- Don't leave the front door open more than necessary — especially if your central heating is on.



## Hot water tank

- Insulate your hot water tank and reduce the need to reheat water on demand. You'll also **save £35 per year\*\*\***.



\*\*\*Based on topping up Hot Water Tank insulation from 25mm to 80mm jacket

# Keep the heat in

You could be losing more than 50% of your home's heat through the roof and walls if it's not been insulated properly. You can reduce heat loss and save on your bills by getting the right kind of insulation for your property type.

Here are some examples:

- Cavity wall insulation can shave **£285 off your yearly energy bills** and can be done without much upheaval.
- 26% of a home's heat is lost through the roof. Loft insulation **saves up to £225 per year** and will keep your house feeling cosy when it's cold outside.



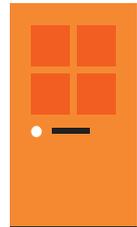
**26%**  
of heat loss  
is through  
the roof\*\*\*\*



Save around  
**£45**  
draught-proofing

- Plugging the gaps can insulate your wallet too! Draught-proofing windows and doors **saves around £45**.
- Solid wall insulation is ideal for very cold houses with non-cavity walls. Although it can be expensive, **the savings are greater too (£390 per year)** and financial support may be available in your area.

- Don't leave the front door open more than necessary – especially if your central heating is on.



\*\*\*\*Based on house having no loft insulation and installing 270mm of loft insulation.

We've helped many thousands of Scottish households get their homes insulated; here's what a few of them told us afterwards:

“

There's been a big difference. The house feels like a cosy warm home, even when the weather is at its worst. It's great for all the family.”

**Dad-of-three Martin Haig**

“

The new insulation has really helped combat the loss of heat.”

**Mum-of-two, Victoria Rae,  
Paisley**

“

I'm no longer concerned about the house being too cold for our children.”

**Claire Satha, Inverkeithing,  
after getting new heating and  
insulation installed**

“

Now it is warm no matter where you are in the house.”

**Stuart Davidson, Dumfries**

Home Energy Scotland can help you access funding (such as interest free loans funded by the Scottish Government) where available.

**For further information, give us a call on 0808 808 2282**

Based on installing cavity wall insulation and top-up loft insulation (from 120mm to 270mm depth) in a typical three-bedroom semi-detached gas heated house, with an 85% efficient gas boiler and average gas tariff of 7.37p/kWh and electricity tariff of 28.34p/kWh. Correct as of April 2022.

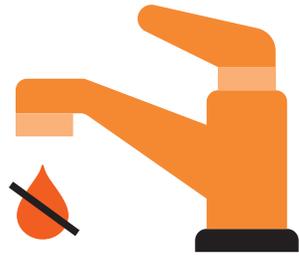
# Save water, save energy, save money

The cost of heating water makes up around 12% of your energy bills – around £225 per year on average. The less you waste, the less you pay – so here are some tips to remember:



**-1** minute  
saves around  
£8 per year

- Cut 1 minute off your daily shower and **save around £8 a year.**



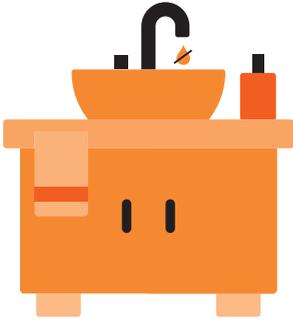
- Fixing a leaky tap could **stop around 5,500 litres of water going down the drain** per year.

- Why use hot when cold will do?  
Rinse plates and wash veg in cold water.



Save up to  
**£19**  
per year

- If everybody in a 4-person household replaces 1 bath a week with a 5-minute shower, **up to £19 a year could be saved on gas bills.**



- Don't leave the taps running continuously while you brush your teeth, shave or wash your face – fill the basin or just turn the taps on when you need them.

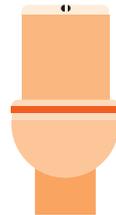
- Use a water butt to collect rainwater – ideal for garden use and even washing your car!



- Make sure you have a full load before you use the washing machine — one full load uses less energy than two half loads.



Save  
**£14**  
per year



- Fitting a dual flush on your toilet **saves around 8,000 litres of water per year** in a four-person household.



- Use a washing up basin rather than leaving the hot tap running – **it takes just 95 seconds to fill up a washing bowl.**

# HERE TO HELP

Home Energy Scotland is funded by the Scottish Government and managed by Energy Saving Trust to provide free, impartial energy advice.

For more energy saving tips and help with staying warm, call us on **0808 808 2282** or visit [homeenergyscotland.org](https://homeenergyscotland.org) for online advice.

 **HomeEnergyScotland**

 **@HomeEnergyScot**

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