

Ways to save money on your bills



How to save money on your energy and water bills



Contents



Page 4

About this booklet



Page 5

Your energy and
water bills



Page 7

Energy efficiency



Page 8

Save money in the kitchen



Page 10

Save money in the bathroom



Page 11

Tips you can use for the whole house



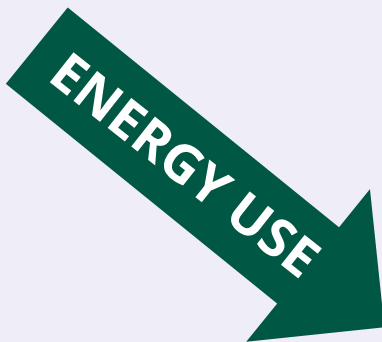
Page 14

Where to get help with energy issues

About this booklet



This booklet has been made to help people save money on their electricity, gas and water bills.



It has ideas that can help you to use less gas or electricity (energy) and water in your home.

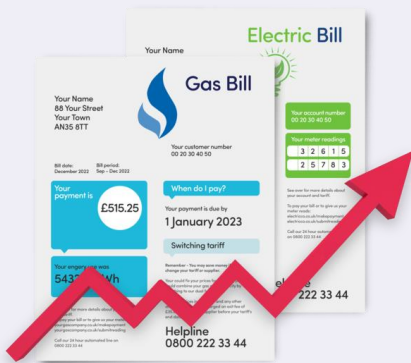


Your energy and water bills are the money you pay for using gas, electricity or water.

Your energy and water bills



When you get a gas, electricity or water bill it will tell you how much energy or water you have used.



If you use more energy or water than is covered by the amount you normally pay, your supplier will ask you to pay extra money.



Your supplier is the company that provides your gas, electricity or water.



Energy bills have been in the news a lot recently. This is because the cost of gas and electricity has gone up.



You might have heard people talking about **fuel poverty**.



Fuel poverty is when you have to spend a lot of money on your energy bills, or when you cannot afford to put your heating on.



This can make it hard to pay for other things you really need, like food, medicine, or housing costs.

Energy efficiency



You might be able to save some money on your energy bills by being **energy efficient**.



This is when you use less electricity or gas, but you can still do everything you need to do, like cook meals or wash your clothes.



There are also things you can do to use less water and save money on your water bill.

Save money in the kitchen



Here are some ideas to help you use less energy and water in the **kitchen**.



Electric kettles use a lot of electricity. You can save electricity and water by only boiling as much water as you need.



Just remember to fill it over the minimum water line. If you have hot water left over, you can put it in a thermos flask and use it later.



Washing machines use a lot of water and electricity. Try to wait until you have enough dirty clothes to fill the machine before you do your washing.

30°



You can also use less energy by washing your clothes at lower temperatures.



Keep lids on your saucepans when you are cooking. This means you can turn the heat down and use less gas or electricity.



When you are cooking, try not to open the oven door too much. This keeps the heat in so the oven does not have to use extra energy.

Save money in the bathroom



Taking a bath uses a lot of water, and a lot of energy to heat the water.



Taking a shower uses less water and energy, especially if you do not spend a long time in the shower.



You can also buy a different type of shower head that uses less water.

Tips you can use for the whole house



Here are some tips that can help you to save energy and water in any room in your house.

Lights



Remember to switch the lights off when you leave a room, and when you go to bed.

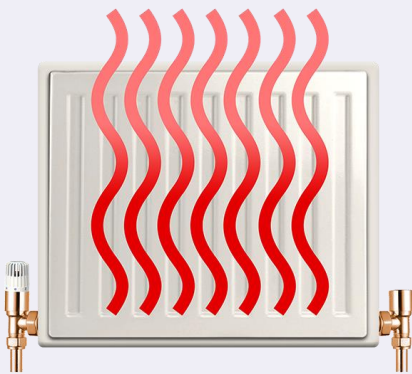


Choose energy efficient light bulbs that use less electricity, for example LED bulbs.

Heating



Heating your house can use a lot of energy. Try these ideas to make sure you are not spending more than you need to on heating.



When you have the heating on, keep the heat in by using draft excluders and keeping doors and windows closed.



Try not to put furniture in front of radiators or other heaters, as this can stop the heat from warming up the room.

Electrical goods



Save electricity by turning things like your TV off at the plug socket when you are not using them. Leaving them on standby uses more energy.



Try not to leave your phone or laptop on charge overnight – they only need a few hours to charge.

Repairs



If appliances like your fridge do not work well or you have leaking taps, this can add money to your bills. Ask your landlord to repair them.

Where to get help with energy issues



If you are worried about paying your energy or water bills, or other energy issues, you can talk to us.



We can give energy efficiency advice and check if you can get any extra support with your energy or water.



We can also help you to check if you could get any benefits or charitable support.



This easy read booklet was made to help people save money on their energy and water bills. It also tells you where you can get help if you are finding it hard to pay your energy or water bills.

This booklet has been produced by Citizens Advice Plymouth, using funding from Plymouth Octopus Project.

Citizens Advice Plymouth can provide free, confidential advice about energy and water bills and other energy issues to anyone who needs it:

Get face-to-face advice

Visit our walk-in service at Cobourg House,
32 Mayflower Street, Plymouth PL1 1QX
Monday – Thursday, 9am – 4.30pm
Friday: 9am – 4pm

Get advice by telephone

Call our free Adviceline on 0808 278 7910
Monday – Thursday, 9am – 5pm
Friday: 9am – 4.30pm

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