

No Cost Energy Efficiency Tips



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- Turning down the room thermostat, if you have one, by 1°C can save you up to 10% on your heating bills. Recommended room temperatures for living areas is 18°C to 21°C.

- Your cylinder thermostat shouldn't need to be set higher than 60°C.

- Close your curtains at dusk and don't let the curtains hang in front of the radiator, tuck them behind to let the heat into the room, not out through the glass in the window.

- Always turn off the lights when you leave the room.



- Don't leave appliances on standby and remember not to leave appliances on charge unnecessarily.

- If you're not filling up the washing machine, tumble dryer or dishwasher, use the half-load or economy programme.

- Regular defrosting keeps fridges and freezers running efficiently and running costs low.



- Replace light bulbs with energy saving bulbs, just one can save up to £70 over the lifetime of the bulb.
- Only boil as much water as you need (but remember to cover the elements if you're using an electric kettle).
- Try to cook more efficiently, use the toaster instead of the grill, or the microwave instead of a conventional oven.

Getting in touch

Lāngüagê Liñe

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عربي

ARABIC

حدد اللغة التي تتحدثها .
سوف نستدعي مترجماً على الهاتف لمعاونتنا .



کوردی

KURDISH

پهتجه رابکتشه بۆ ئەو زمانه‌ی قسه‌ی بێده‌که‌یت.
ئێمه‌ موته‌رجیمیک په‌یدا ده‌که‌ین تا به‌ ته‌له‌فون
هاوکاریمان بکات.



বাংলা

BENGALI

আপনার ভাষাটি অঙ্গুলি নির্দেশ করে দেখান।
আমাদেরকে সহায়তা করার জন্য টেলিফোনে
আমরা একজন দো-ভাষী বা ইন্টারপ্রেটার এর
ব্যবস্থা করব।



普通话 / 国语

MANDARIN

請指出您講的語言。
我們將請一位口譯員在電話上翻譯。



廣東話

CANTONESE

請指出您講的語言。
我們將請一位電話翻譯員
來幫助您。



ਪੰਜਾਬੀ

PUNJABI

ਆਪਣੀ ਭਾਸ਼ਾ ਵਲ ਇਸ਼ਾਰਾ ਕਰੋ।
ਅਸੀਂ ਦੁਬਾਸੀਏ ਨੂੰ ਕਹਾਂਗੇ ਕਿ ਉਹ ਟੈਲੀਫ਼ੋਨ
'ਤੇ ਸਾਡੀ ਮਦਦ ਕਰੇ।



فارسی

FARSI

زبانی را که صحبت میکنید نشان دهید
برای کمک، مترجم تلفنی تهیه خواهیم کرد.



Soomaali

SOMALI

Farta ku tilmaam luqaddaada.
Waxaan telifoonka ku heli doonaa
turjibaan na caawiya



ગુજરાતી

GUJRATI

તમારી ભાષા તરફ આંગળીથી ઇશારો કરો.
આપણને મદદ કરવા માટે એક દુભાષિયાને અમે ટેલિફોન
પર ખોલાવીશું.



اردو

URDU

اپنی زبان کی طرف اشارہ کیجیے۔
ہماری مدد کرنے کیلئے ہم ٹیلی فون پر کسی ترجمان (انٹرپرائزر) کو بلائیں گے۔



हिन्दी

HINDI

आपकी भाषा की ओर इशारा करें।
हमें सहायता करने के लिए एक दुभाषिये को हम टेलीफोन
पर बुलाएंगे।



Tiếng Việt

VIETNAMESE

Hãy chỉ vào ngôn ngữ của quý vị.
Chúng tôi sẽ mời một thông dịch
viên qua điện thoại giúp chúng ta.

