



# 10 WAYS TO **SAVE** **ENERGY**

1



You could  
save around  
£36 a year.

Use a bowl to wash-up rather than running a tap, reduce your washing machine use by one cycle a week, and only fill the kettle with the water you need.

4



You could  
save around  
£30 a year.

A running tap wastes more than 6 litres of water every minute, so turn off the tap while brushing your teeth, shaving, or washing your face.

2



You could  
save around  
£150 a year.

A dripping tap can waste more than 5,300 litres of water a year, so make sure your taps are properly turned off and change washers promptly when taps start to drip.

5



You could  
save around  
£14 a year.

Turn your lights off when you're not using them. If you switch a light off for just a few seconds, you will save more energy than it takes for the light to start up again.

3



As a family  
of four you  
could save  
around £75 a  
year.

Spend one minute less in the shower each day and you could save on energy and water bills.

6



You could  
save around  
£35 a year.

Replace your bulbs as and when you can with energy efficient LEDs.

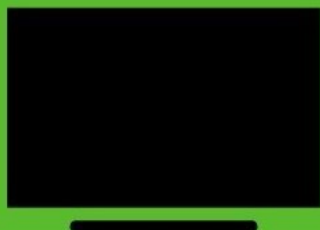
\*All savings are estimated and will vary depending on your usage.





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7



You could  
save around  
£30 a year.

Turn your appliances off standby mode and remember not to leave laptops and mobile phones on charge unnecessarily.

9



You could  
save around  
£75 a year.

Turn down your main thermostat down by 1 degree. But make sure your home is warm enough during cold weather.

Cold homes can damage your health. For the old, young and unwell 20°C is recommended, if healthy 18°C is recommended.

8



If you have a timer on your central heating system, set the heating and hot water to come on only when required.

10



Close your curtains at dusk to stop heat escaping through the windows and check for draughts around windows and doors.

Get a free SHINE assessment and access a range of services with one call:

## Warm Home Discount

- register for £140 Warm Home Discount towards electricity costs for eligible customers (Subject to availability)

## Water discount

- half price or capped water bills for eligible customers.

## Energy Doctor home visits

- review energy bills, check heating controls and fit energy efficiency measures such as low energy light bulbs, draught proofing, reflective radiator panels and water saving devices.

## Energy debt support

- support with payment plans and methods, supplier mediation and grant applications.

## Bill comparisons

- help to compare all the gas and electric deals on the market to find out if you could save money with another supplier or tariff.

## Extra Care Services

- if you have additional needs you can get support in power cuts, accessible utility bills, supplier password systems etc.

## Heating and insulation grants

- for private tenants and homeowners.

## Income Maximisation

- benefit checks and budgeting advice.

## Fire Safety Check

- a visit from London Fire Brigade to check fire alarms and help prevent accidents.

## London Taxicard

- subsidised taxi journeys for people with limited mobility or visual impairments.

## Air pollution alerts

- helping those with respiratory issues plan days out.

More services are available. All services are subject to eligibility and many subject to local provision.

Contact: T: 0300 555 0195 E: [shine@islington.gov.uk](mailto:shine@islington.gov.uk) W: [www.shine-london.org.uk](http://www.shine-london.org.uk)

**ON ENERGY**

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