

SIMPLE
ENERGY
SAVINGS

HOME
ACTION
PLAN



Saving **money**, saving
energy and protecting the
environment.



TRANSITION BELPER
Working together for a greener future

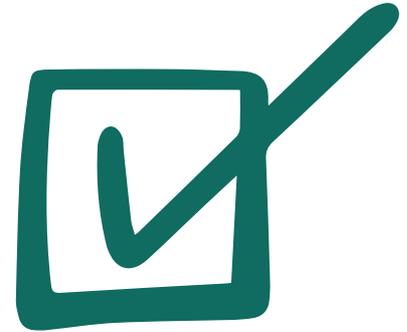
LET'S GET STARTED...



DID YOU KNOW?

Heating is half of your average energy bill!

By following the steps below and measuring your home energy use you can reduce your bills (and not to mention your impact on the environment!).



HOW MUCH DO YOU USE?

To make a change, it helps to know where we're starting! Using a guide like the one below helps you to track how you are doing by answering questions about your energy and water use.

	Current	1 month after	2 months after	3 months after
What temperature do you set your thermostat during the daytime and at night?	Day: Night:	Day: Night:	Day: Night:	Day: Night:
How often do you turn off the lights when you leave the room? (Never, Sometimes, Often or Always)				
How often do switch off electronics/appliances when not in use? (Never, Sometimes, Often or Always)				
On average, how many minutes do you use the shower each week? (e.g. 4 showers x 8mins = 32mins)				
How many indoor/outdoor LED lightbulbs do you have?				



Tip: Struggling to remember...set **reminders** in your calendar or phone to stay on track.



Tip: Changing habits **takes time!** If you don't see a big difference right away, make a plan to keep recording changes every month.

EVERY ACTION YOU TAKE MAKES A DIFFERENCE!

TAKING ACTION...



Let's choose some actions you would like to introduce into your home to improve its efficiency and reduce your impact on climate change.

Some actions will depend on the type of home you live in. Whether you live in a house or flat, and if you rent or own can affect the types of actions you can take. However, any actions you choose will make a difference!

Select at least **five actions** you would like to take:

NO COST

- Lower your thermostat by 1 degree
- Turn off lights when not in use
- Limit showers to 4 minutes or less
- Switch off electronics when not in use
- Wash clothes at 30 degrees
- Only run dishwasher when full
- Don't overfill your kettle
- Ask your supplier to install a smart meter
- Fill gaps in the freezer with cardboard boxes or newspaper

LOW/MEDIUM COST

- Insulate hot water pipes with foam covers
- Add thermostatic valves to radiators
- Install a water saving shower head
- Insulate your loft with 270mm insulation
- Have your boiler serviced
- Fit reflective foil behind your radiators
- Switch to LED lightbulbs
- Draught proof windows and doors

HIGH COST

- Get cavity walls insulated
- Install solar panels to generate electricity
- Consider air source heat pumps
- Install double or triple glazing

TRACK YOUR JOURNEY

As you start introducing these **actions** into your home, take time to track your progress, reflect on what's working for you, and decide if there are additional actions you would like to take.

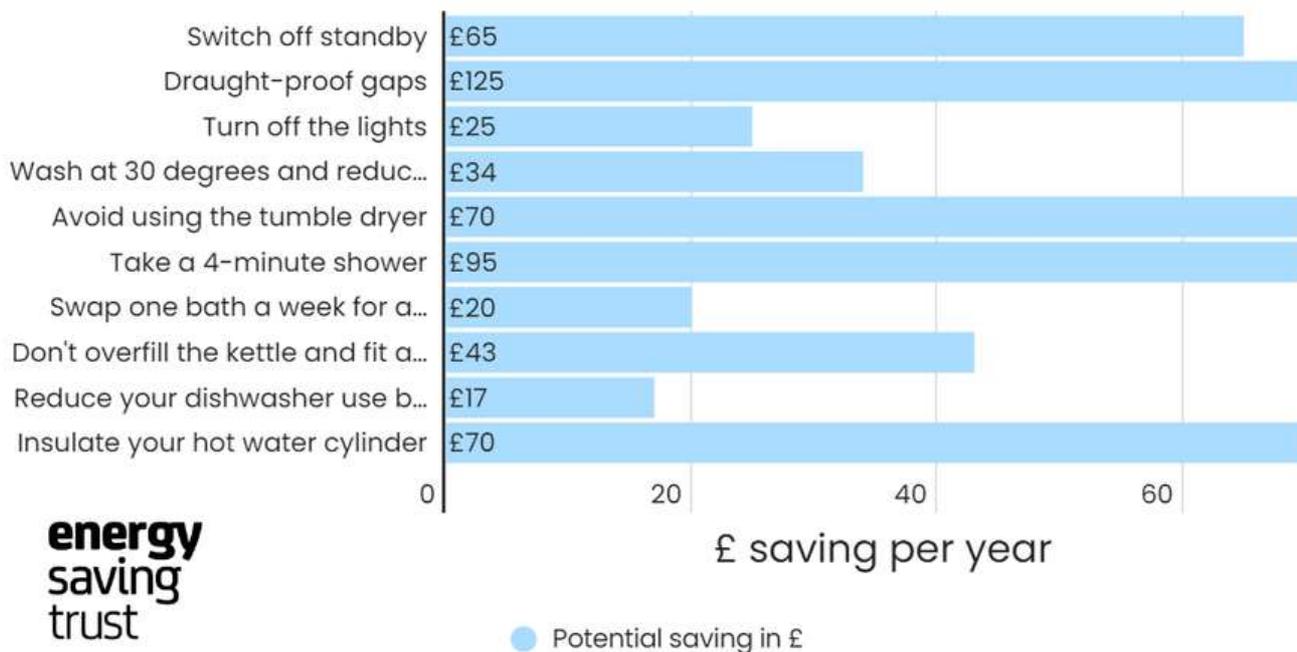
Don't be discouraged if you don't do something every day. With time, it becomes easier to form new habits and find creative solutions that will make our homes more energy efficient.

EVERY ACTION YOU TAKE MAKES A DIFFERENCE!

MORE HELP...



YOUR POTENTIAL SAVINGS



If you are worried about your energy bills, call 0800 677 1332 for free impartial advice from the Warmer Derby and Derbyshire service.

Find out if you are eligible for financial help with money off energy bills or a home visit for more advice.

We would love to hear your feedback.

If you have tried any of these actions or have other suggestions, please contact info@transitionbelper.org or our website at <https://www.transitionbelper.org/>

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