

GREEN DIGITAL

GREEN DIGITAL ACADEMY

THE GREEN SAVINGS GUIDE

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Busnes@
LlandrilloMenai



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Llywodraeth y DU Cymru

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1. Introduction

As winter beckons, we are experiencing a crisis. Energy prices are soaring as temperatures begin to drop. The Green Savings Guide aims to assist you in saving money by offering advice about where energy-saving actions can increase home and workplace efficiency, decrease your carbon footprint, and increase sustainability.

The guide looks at the following key areas:



Heating



Lighting



Electrical Equipment



Kitchen and Washing



Workplace

2. Heating

Globally, heating accounts for nearly half of all energy related carbon dioxide, and a key issue in the cost-of-living crisis. Government has set out plans to drive down the cost of low carbon heating technologies and are offering grants, with the aim of ensuring that all heating systems in UK homes are low carbon by 2035.

1. Decide on an appropriate operating temperature for your home or workplace. [Research](#) suggests that turning down your thermostat by just one degree can save you up to 13% on your energy bills.
2. You should ensure that the thermostat is set to the correct temperature and timers for the time of year. Your needs will vary with the seasons and your thermostat settings should reflect this.
3. Service your heating systems. Servicing a boiler can maintain efficiency and ensure safety.
4. Especially for rooms with active heating or air conditioning, ensure that windows and doors are shut. Well-sealed doors, floors and windows are important for keeping heat in, and cold out.
5. Don't use energy inefficient heating methods such as portable heaters.
6. Turn off radiators in unused rooms. Using radiator valves to do this can save the average home up to [6p every hour](#) of use.
7. Wear warm clothing - wearing a thick jumper could save you [hundreds of pounds](#) by enabling a lower thermostat setting.
8. Insulation isn't just for your building or your body - insulating your hot water tank with a thicker jacket can save you [more than £70 a year](#). Pipe insulation can be very easy to install and make great savings.
9. Radiator panels are very effective on uninsulated thin external walls - they reflect heat into the room, getting more efficient heat distribution from every heater.
10. Your home or place of work may qualify for the [Boiler Upgrade Scheme](#) - this could save you thousands of pounds on upgrading to a biomass boiler or a heat pump.



3. Lighting

Lighting contributes to 11% of average UK household electricity consumption, but through modern technology such as energy saving bulbs and smart strategy, it represents an area of significant potential saving - in both cost, and emissions.

1. Make good use of natural light - are electric lights switched off where daylight is present?
2. Switch lights off outside of working hours. Turning lights off when not in use can save up to [£84 per light](#).
3. Consider installing motion sensor lights in low-traffic rooms, e.g. bathrooms and storerooms - this can lower energy usage by 30% in some cases.
4. Label light switches - knowing which switches control which lights assists efficient use.



4. Electrical Equipment

Electrical equipment represent around 15% of energy usage, a number which has grown quickly as we rely more on phones, computers, and other devices to power our productivity and our homes. The government has introduced energy efficiency labels in order to keep us informed about our usage. Through reducing and changing our usage, we can reduce our reliance on electricity.

1. Ensure that all electrical equipment is set to appropriate power consumption settings, and switched off when not in use. Televisions, as well as computers and monitors will usually have eco modes.
2. Do not leave screens and other equipment such as photocopiers on standby overnight.
3. Use a smart plug to schedule use and reduce overnight drain.
4. Set up a smart-meter to get an understanding of costs and energy usage - it can also help you track down the most energy inefficient appliances.



5. Kitchen and Washing

Cooking, washing, and keeping our food cool accounts for a staggering 40% of our household electricity usage. Fortunately, there are lots of steps that can be taken to reduce this number for good.

1. Defrost your freezer regularly - frost build up increases the work the freezer needs to do to keep your food cold.
2. Position your fridge freezer away from heat sources such as ovens, dishwashers, heaters, or sunny windows.
3. Fill up your ovens, dishwashers before use. This cuts down on consumption time and increases efficiency.
4. Use appliances such as dishwashers, washing machines, on eco settings, and a lower temperature. Washing clothes at lower temperatures saves energy but also protects colours from running and minimises shrinkage.
5. Ensure that seals on refrigerators and freezers are holding - if air is escaping then this will reduce the cooling efficiency and use more energy.
6. Deal with your food waste properly - don't just bin it. Fruit, veg, tea, coffee, meat, fish, bread, and pastries should all go in the food waste bin.
7. Recycle any packaging - ensure that there is no food contamination, and that items are sorted correctly (paper, plastic, metal, glass).
8. Avoid overfilling your kettle - as well as saving energy it'll boil quicker.
9. Use a clothesline to dry clothes - even in the wettest parts of the UK it rains less than half of the days of the year. Make use of the dry ones and save some money.
10. Ensure that taps aren't leaking - dripping taps cause more than 2,500,000 liters of water to literally go down the drain every year in the UK.
11. Cook efficiently - this means using a microwave when suitable, and putting lids on pans to keep the heat in. It can also mean cooking larger meals - cooking for one uses significantly more energy than doing meal prep, or cooking for friends or family.



6. Workspace

1. Think about your commute and work travel - will a bicycle or public transport option do the job? Can you work from home?
2. Does your workplace have a Cycle to Work Scheme? Would a better bike encourage you to cycle to work?
3. Form a workplace [green team](#) - if you are passionate about sustainability in your company, speak to your co-workers about forming a group to look critically at how your organisation can become more sustainable. Set goals.



7. Energy Urban Legends



There are a number of urban myths concerning energy use. Here are some common ones.

1. Switching lights on and off doesn't use more electricity than turning them off. Turning lights off also extends the bulb lifetime.
2. Turning your thermostat up higher will not heat your home or workplace faster
3. Washing dishes by hand isn't more efficient than using a dishwasher - dishwashers are much more efficient, particularly when properly filled and without pre-rinsing of dishes.
4. Leaving fans on at home will not cool it in time for you to return home. Fans cool you by encouraging evaporation but they do not cool the air, they just move it around.
5. Energy efficient appliances are not a fix-all. Even the most efficient heat pump still uses substantial energy - all an efficient system does is reduce the electricity used, they still require smart use and installation.
6. Electric space heaters do not save you money. Heating systems are nearly always far more efficient and cheaper.
7. Appliances that are switched off are not always off - many appliances and electronic devices continue to draw power while seemingly switched off. This is known as phantom load, and can be prevented by unplugging them.



8. Additional Resources and Financial Assistance

1. [Help for Households](#) aims to reduce the unit cost of electricity and gas for UK and make payments to assist with the cost of living this winter. There are additional payments for those on benefits, and for those experiencing cold weather.
2. [Help To Heat](#) funding is available to help make sure homes are warmer and easier to heat. Funding is delivered through installers, local authorities, and other bodies.
3. [Citizen's Advice](#) has a list of grants and benefits to help you pay your energy bills.
4. [Nest Cymru](#) can help you make your home warmer and more energy efficient by offering free impartial advice and for eligible homes, a package of free home energy improvements.
5. Wales' [2022-2023 fuel support scheme](#) allows eligible households to claim a one-off £200 cash payment from their local authority to provide support towards fuel bills, in addition to the winter fuel payment offered by the UK Government.
6. [Community Action On Fuel Poverty](#) is a community action framework aimed at equipping people with key tools to tackle fuel poverty.



