

Make the most of your energy

The cost of household gas is almost twice what it was in 1999. Energy Saving Trust says the average household could still save around £300 a year on its energy bills. Are you missing a trick?

1. Have lofty ambitions

Loft insulation is one of the easiest and most cost effective ways to save energy. If your loft has no insulation, laying mineral wool to a depth of 10.5 inch (270mm) could save you £150 a year.

2. Look for the logo

Energy Saving Recommended appliances are more efficient. Fridges and freezers that carry this logo use around 60% less energy, saving you up to £39 a year.

3. Make the switch

The better energy saving light bulbs last around 10 times longer than the equivalent old fashioned bulb. Each one will save you up to £25 on electricity over its lifespan.

4. Insulate wall cavities

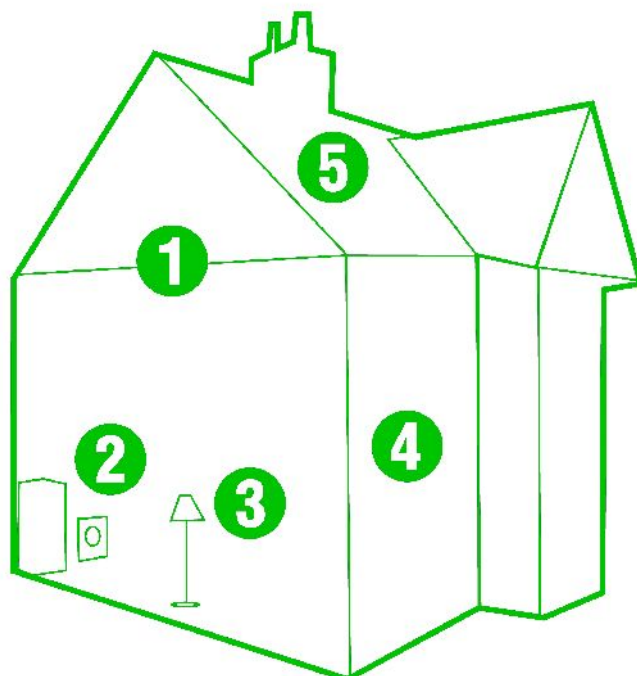
When your house isn't insulated, around 33% of the heat you pay for is lost through the walls. Cavity wall insulation could reduce your annual heating bills by £115.

5. Give your home an energy health check

Still not sure which are your home's weak spots? Complete a free Home Energy Check at www.est.org.uk/check to find out more.

Insulating your home remains the best first line of defence against rising fuel bills. Grants are available. Over 70s and those who receive certain benefits may even get the work done FREE.

For more money saving tips, contact the Energy Saving Trust on **0800 512 012**.



Notes for editors:

1. This article was produced by United Sustainable Energy Agency (USEA). This organisation was created by the merger of Milton Keynes Energy Agency & Thames Valley Energy Centre in May 2008.

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2. USEA works in partnership with local authorities throughout Bucks, Berks, Beds, Herts, Oxon, Hants and the Isle of Wight. In 2008, USEA was awarded a new contract with the Energy Saving Trust to operate an Energy Saving Trust advice centre for the South East. The centre provides impartial energy saving advice to the residents of Bucks, Berks, Oxon, Hants and the Isle of Wight. USEA also offers a free insulation price comparison service called Cocoon.
3. For a more detailed picture of the potential savings possible in the average UK household, visit:

www.energysavingtrust.org.uk/Home-improvements/The-Energy-Saving-House

4. The information contained within this article is correct to the best of our knowledge, but is subject to change. USEA cannot in any way be held legally responsible for any advice given or any work carried out as a result of this information.