

Energy saving guide

While energy costs are down from the horrifying levels we saw during the energy crisis, many are still struggling to pay their bills, especially with the cold weather kicking in. Cutting energy use is a one key way to save. We've rounded up a full list of tips to help, including simple changes to your boiler and appliance settings, mixed in with some thrifty crowd-sourced wisdom.

We've a full list of energy-saving tips below, but if you prefer to watch rather than read, Martin Lewis explained the key tips on ITV's *The Martin Lewis Money Show Live* (it was filmed in November 2022, but the tips still work).

Many have their thermostats set in the 20s. And while cutting from, say, 21°C to 20°C doesn't sound much, it may reduce your heating bill by £90 a year. As a "way to think of it" concept (not science), imagine your home was already at 13°C, dropping the difference between that and what it's warmed to by one degree will make up a big chunk of that.

For those worried about their heating bill, National Energy Action and the University of Salford have revealed that the difference between heating your home to 18°C rather than the potentially health-threatening 16°C is just 66p per day (based on October Price Cap rates).

If you have a combi boiler (the most common type, one without a hot water cylinder), a key way to save is to reduce the flow temperature - basically the water that circulates around the system and heats your radiators. It's usually set higher than needed by default, which means it doesn't operate in its most efficient mode.

To be clear, this is different from turning down your main heating thermostat or the valves on your radiators - it won't lower the temperature of your home. Your radiators will just feel slightly cooler and rooms may take a little longer to warm up, but they will still heat your home effectively.



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