Happy Energy

HOUSEHOLDER



ENERGY SAVING TIPS

Save Energy, Save Money, Live Greener

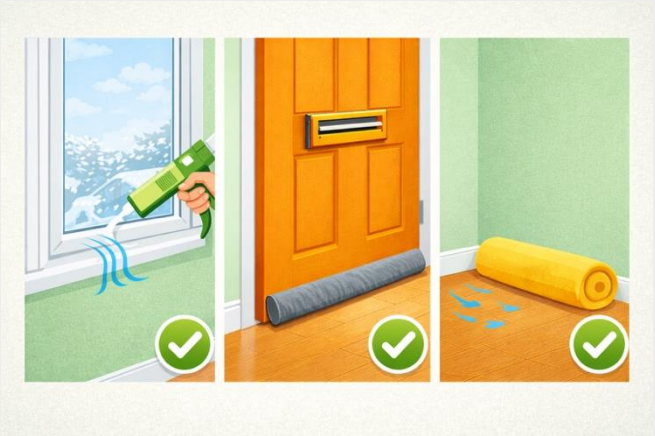
SMALL MEASURES & ENERGY SAVING TIPS

Want to lower your energy bills and make your home more comfortable? Small changes can make a big difference — for your wallet and the planet.

Whether you rent your home or own it, these quick and affordable actions can help you save energy every day.

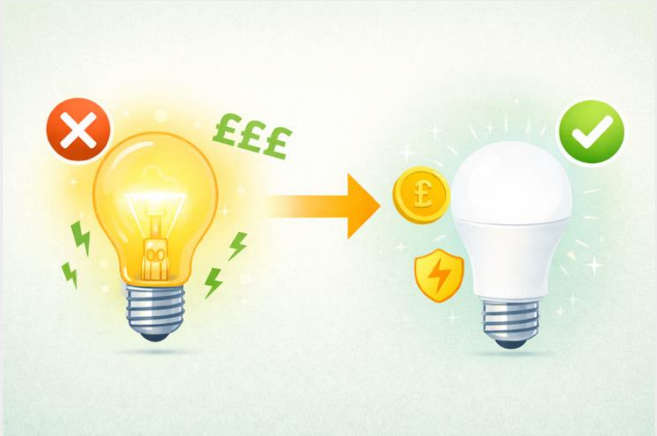
SMALL MEASURES

Quick, low-cost actions that help keep heat in and energy bills down.



Draught-proof your home

Stop heat escaping by blocking draughts around doors, windows*, letterboxes, and floorboards. Use draught excluders, sealant, or even rolled-up towels for a quick, low-cost fix



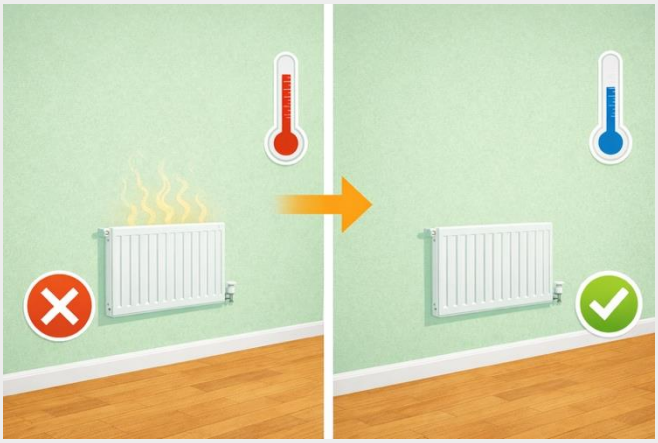
Switch to LED lighting

Replace old bulbs with LED bulbs. They use up to 80% less energy and last much longer, helping you save money over time.



Use curtains wisely

Close curtains at dusk to keep warmth in and open them during the day to let in natural heat from the sun



Turn radiators down in unused rooms

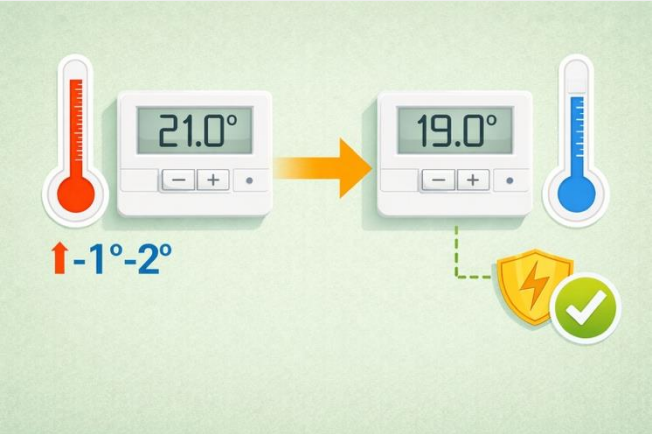
Lower or turn off radiators in rooms you don't use often to avoid wasting heat

Important: Keep trickle vents open to maintain healthy airflow and prevent damp and mould

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ENERGY SAVING TIPS

Simple daily habits that cut energy use and lower bills.



Lower your thermostat slightly

Reducing your thermostat by just 1–2 degrees could cut your heating bill by up to 15%, without making your home feel cold.



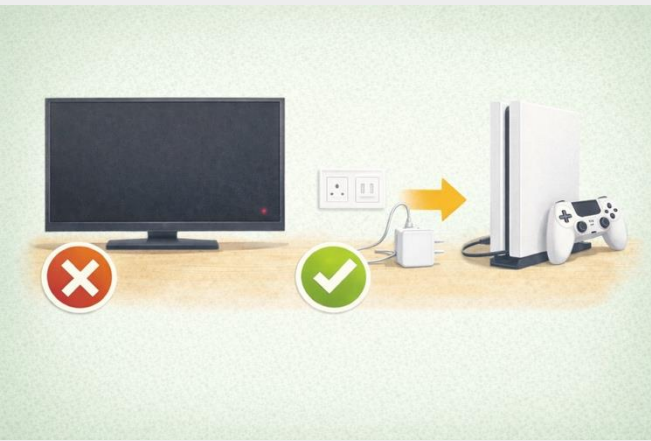
Wash clothes at 30°C

Washing at lower temperatures uses less energy and is better for your clothes. Line drying where possible saves even more.



Only boil what you need

When using the kettle, boil only the amount of water you need. It's a small change that saves energy every day



Switch off standby appliances

Turn off and unplug appliances when not in use. TVs, chargers, and games consoles still use energy on standby.

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CHECK YOU'RE ON THE BEST DEAL

Make sure you're on the right energy tariff for your household.

- If you rent, you can usually switch suppliers unless your landlord pays the energy bills directly — check your tenancy agreement.
- If you own your home, use a trusted comparison site or contact your energy supplier to explore cheaper options.

You may also be eligible for **financial support, discounts, or grants** to help with energy costs. For more information on available support and help with energy bills, see our **Utility Bill Guide**.

Need more support?

If you're struggling to heat your home or worried about rising energy costs:

- **Tenants** should contact their landlord or housing provider for advice or to report any issues.
- **Owner occupiers** can contact their local council or a trusted organisation such as the Energy Saving Trust for guidance and support.

Brought to you by

Happy Energy

HEAT Project

Working together for safer, healthier, happier homes