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The Green Guide to Your Home

Save money, save energy, save the planet!



Contents

Introduction.....	page 4
Knowing your heating.....	page 4
Appliances and lighting.....	page 6
Your bills.....	page 7
Water.....	page 8
Recycle.....	page 9
Top tips.....	page 10
Useful information and links.....	page 11



Introduction

You wouldn't throw money through an open window or door, but if you waste energy in the home this is what you are doing everyday.

Knowing how to use your home will save you money, by reducing your energy bills.

Over 40% of CO2 emissions (the main cause of global warming) in Greater Manchester come from every day things like heating and providing electricity to power our houses. By knowing how to use your heat and power, you can save on gas and electric bills whilst helping the environment!



Know your heating

Here are some useful tips on how you could stop wasting energy.

Thermostatic Radiator Valves



Turning these down can save money on your heating. This valve, fitted to your radiator, controls the temperature of the room where it is fitted. The higher the number the hotter the room. You can set the temperature of individual rooms with these controls. So if you're not using a room, turn the thermostat right down to save money.

Experts say energy prices could increase by 40% over coming years!



Room Thermostat

Unlike a radiator valve, the room thermostat controls the temperature of the whole house. When the room where the thermostat is located reaches the set temperature, your central heating boiler will stop. As the room cools down to below the set temperature it will automatically start again.



The higher the number set on the thermostat, the more it will cost. Set your thermostat to between 18° and 21° for a comfortable temperature.

And remember turning your room thermostat down by 1° saves money on your energy bill.

The time clock/programmer

The time clock programmer automatically controls when your central heating boiler switches on and off.

- The blue tappet is **ON**
- The red tappet is **OFF**

To set the time when your boiler comes on and goes off; press the blue and red tappets in carefully and move to your required time. You can set two ON/OFF periods each day so there is no need to leave your heating on all day, especially if you're not going to be at home.





Appliances and lighting

The types of appliances in your homes such as your fridge, dishwasher and TVs can make a huge difference to the amount on energy you use.

The less energy your appliances use the less they cost to run. So when you're looking to replace them find the most efficient ones by looking for the Energy Saving Trust Recommended logo.



Energy saving appliances could save you money.

You can find the logo on computers and printers, fridges and freezers, TVs and set-top boxes, dishwashers and washing machines.

The way that you use your appliances can affect your energy bills.

Follow these tips to save money.

- Try washing your clothes on a 30° C cycle to save up to 40% energy.
- Always use full loads for washing machines and dishwashers
- Use the eco cycle on your dishwasher
- Air dry your clothes instead of using a tumble dryer
- Don't leave your electrical appliances on standby – switching them off will save you money.
- Replace your light bulbs for low energy efficient light bulbs.

£ Your bills

Heating your home can be expensive but you don't have to sacrifice your everyday comforts to cut heating costs.



Understanding how much energy you use is a great place to start.

Have you ever thought of looking at your past bills to see if your usage is going up? If it is there are things you can do to get it back down again.

Switch to direct debits and paperless billing – the cheapest way to pay your energy bills is by monthly direct debit. Many companies offer a discount to customer who can pay this way. Another way to cut down your costs is with paperless billing. Instead of receiving bills

in the post, you'll get emails from your energy supplier and you can manage your account and submit meter readings online.

Take regular meter readings – if your gas and electricity meters aren't read regularly, bills based on estimates mean that you could end up paying much more for your gas and electricity than you actually use. So read your meters regularly.

Compare suppliers – switching suppliers can be a great way to cut your energy bills. If you switch both your gas and electricity supplier you could save money each year. But do your research before you make any changes. (See "Useful Links" section.)



Water

We use water everyday without thinking about it.

On average each person in the UK currently uses about 150 litres of water every day – **much of this is wasted.**

By saving water you'll be saving energy, reducing your home's carbon dioxide (CO2) emissions and helping to fight climate change – not to mention saving money!

Water Saving Tips:

Fill `em up!

Make sure that your dishwashers and washing machines are full before putting them on.

Go off the boil

Only boil as much water as you need to avoid waste.

Turn it off

A running tap wastes over 6 litres of water a minute, so turn off the tap whilst brushing your teeth, shaving or washing your face and use cold water where you don't need hot.

Water saving products

There are lots of ways you can waste less water in your home - using water-efficient products is an easy way to make a big difference.



A dripping tap can waste over 5,500 litres of water a year so make sure your taps are properly turned off.

Water Meters

Can save you money especially if there is only one or two people in your household. Contact United Utilities for an assessment. If they can't fit a meter in your home you may be eligible for a single person's discount.



Top tips

A re-cap of top energy and money saving tips.

- 1 Turn your thermostat down by just one degree; it can reduce your fuel bill by 10 percent!
- 2 Use your central heating timer/programmer to switch your heating on when you need it and off when you don't
- 3 If you have a hot water cylinder make sure it has a jacket fitted, and insulate all hot water pipes
- 4 Use a draught-proofing seal on doors and windows
- 5 Use low energy bulbs where possible - they're cheaper to run and last much longer
- 6 Draw the curtains at night time to keep in the warmth
- 7 Don't leave your TV and other electric appliances on stand-by - switch them off to save money and fuel
- 8 Take a shower instead of a bath - it uses just a third of the water and energy
- 9 Making a hot drink? Only boil the amount of water you need – hot drinks taste better when they're made with fresh water
- 10 Save in the kitchen; put lids on saucepans and use just enough water to cover the food; use a microwave to cook small meals; defrost your freezer regularly, so it doesn't have to work so hard
- 11 Look out for the Energy Saving Logo when you shop for new appliances like a washing machine or fridge
- 12 Switch off all chargers for phones, tablets and laptops when not in use





Recycle

Recycling is very important in the fight against climate change. Just recycling a quarter of all household waste saves the carbon equivalent of taking three and a half million cars off our roads.

You can recycle a wide range of rubbish, from paper and glass to batteries, televisions and clothes. This saves energy and raw materials, and reduces the amount of waste sent to landfill sites.

You can also help to reduce waste at home by composting and by repairing and reusing items.

Think about how much food you throw away. Only buying as much as you need, this can save waste and save you money.



Recycling throughout your home

Here's what you should put in each recycling bin:

- Blue - paper, cardboard and cartons
- Brown - plastic bottles, glass bottles and jars, plus tins, cans and aerosols
- Green - food waste or food and garden waste.

Use your recycling bins, find a handy place to store them. Make sure you encourage everyone in your house to think whether items can be reused or recycled before they're thrown away.

? Useful information and links

For free and impartial advice on saving energy in the home call the Energy Saving Trust freephone advice line on **0300 123 1234**

To view the Energy Saving Trust guides and publications go to: **www.energysavingtrust.org.uk**

For impartial help on switching your energy suppliers go to: **www.uswitch.com**

If you are disabled, chronically ill or a pensioner you may qualify for the Priority Services Register provided by your energy supplier.

Customers on the register are entitled to additional services free of charge such as:

- Annual gas safety checks for qualifying customers;
- Quarterly meter reading services and other services.

Depending on your circumstances you may qualify for a special low rate 'social tariff'. Eligibility criteria varies for each supplier. To find out if you are eligible contact your supplier in the number below.

Energy Company	Social Tariff
British Gas	0333 202 9802
EDF Energy	0333 200 5101
Eon	0808 501 5200
Octopus Energy	0808 164 1088
Scottish Power	0345 270 0700
OVO Energy	0330 303 5063

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Albanian

إن كنت تريد ترجمة هذه الوثيقة، يرجى الاتصال بالرقم المذكور أدناه. تتوفر هذه الوثيقة أيضاً بطريقة برايل للمكفوفين وبالحروف والطباعة الكبيرة أو على قرص مدمج – سي دي.

Arabic

如果您想要一份中文译本，请打下列电话。
这文件也有盲文版、大字体版和 CD 光盘备索。

Chinese

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Somali

اگر آپ اس دستاویز کا ترجمہ چاہتے ہیں تو براہ کرم نیچے دئے گئے نمبر پر کال کریں، یہ دستاویز بریل، بڑی چھپائی یا سی ڈی کی شکل میں بھی دستیاب ہے۔

Urdu

