

Energy Tips

Here are some tips we've pulled together here at Arches, why not give them a go and see if you notice the difference? If you do let us know. Also, colleagues at Arches will be giving them a go and providing feedback on which tips work best for them and their homes.

1. Do you find your hot water comes out the taps too hot and you have to add cold? Why not turn the temperature of your hot water down on the boiler controls? Go to your boiler and turn down the water temperature by 5 degrees at a time, this saves you paying to heat the water you then cool down with cold at the sink or bath. Keep turning it down by 5 degrees until it is right for you and your home. Please contact Arches for guidance on how to adjust this, if you are unsure.
2. Reduce your heating flow water temperature at the boiler. Allowing the water to flow through at a lower temperature may help, try turning the radiator flow temperature down at the boiler by 5 degrees at a time and see if you notice a difference in bills and heating. When it is right for you and the radiators are at the heat you'd like them to be, stop turning the temperature down. Please contact Arches for guidance on how to adjust this, if you are unsure.
3. Turn down your home's temperature 1 degree at a time on the thermostat, to find the right temperature for you. The World Health Organisation says that around 18 degrees is enough for healthy adults. Plus, each degree you turn down may save around £100 a year.
4. This tip works for thermostatic showers, not electric ones. If there is more than one person in your household, consider having showers at a similar time, this stops you from wasting hot water in the pipes! You know your shower takes a while to warm up, this is the time it takes for hot water to reach your shower. This is all water in the pipe that will be warm after you stop your shower. Therefore by showering at similar times, only the first person has to wait for the hot water to come through, others will get warm water straight away meaning no excessive wastage.
5. Make sure your boiler doesn't have the 'pre-heat' function turned on.
6. Don't leave appliances on standby, even though they use low levels of power every little helps when making savings on your bills.
7. Switch to LED bulbs – This tip does mean spending money on new bulbs but it's definitely worthwhile, so we had to recommend it. Please note that Arches stocks LED light bulbs at the office, to be purchased at cost.
8. Over the winter months use draft excluders, these can be used on front and back doors, but also on internal doors. Why not use draft excluders to stop the warmth from leaving the room as quickly?
9. In the colder months it can be harder to dry clothes, why not dry clothes in a room that has an extractor fan? The cost to run the fan will be significantly lower than a tumble dryer and is an effective way of drying clothes. Excess moisture in your home can lead to problems, therefore why not dry your clothes in the bathroom or downstairs WC if you have one with an extractor fan. Leave the fan running to help with circulation and remove damp air, this is a great way to dry clothes as clothes shouldn't be dried on radiators as this produces a lot of moisture and could cause damage to your home.
10. Consider using your microwave to cook certain foods – They use less energy than ovens as they heat the food not the air around it, for example, cooking a jacket potato in a microwave could reduce energy usage by up to 85% when compared with an oven.

