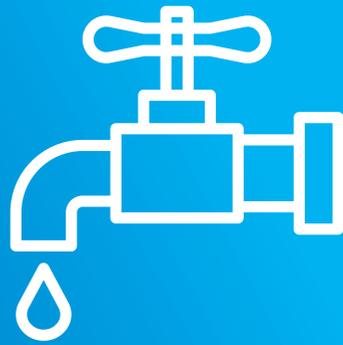


# SAVE MONEY, SAVE ENERGY!

Cut your bills and reduce your carbon emissions with these handy tips

# WATER



A running tap wastes more than 6 litres of water every minute, turn it off while brushing your teeth, shaving or washing your face.

Typically 27% of water used in the home is in the shower, try fitting a flow insert to your shower hose or changing shower heads to a reduced flow rate type. \*Not advisable for pumped or electric showers.

Reduce the amount of water and energy you use by ordering your **free water saving kit** from Northumbria Water, subject to availability. [www.nwl.watersavingkit.com](http://www.nwl.watersavingkit.com)

**TOP TIP** - Using a bowl to wash up rather than running a tap can save £25 a year on your energy bills.

Have you thought about water use outside the home?

Up to 90,000 litres of water can fall onto a roof in a year. Installing a water butt is relatively easy and can be used for watering your garden and plants.

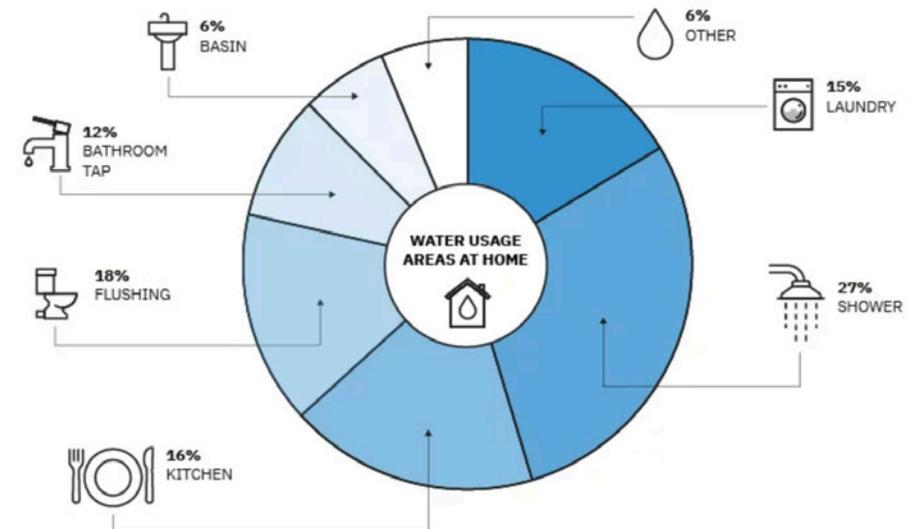
## DID YOU KNOW?

# 5,500

litres of water is wasted a year  
by a single dripping tap

# 27

% of water used in the home is in the shower  
Take the 4 minute shower challenge



# ELECTRICITY



## Home Appliances



When choosing energy efficient appliances for your home look out for the energy rating label and consider the size of appliance that you require.

The quickest way to understand your home energy consumption is to see it in real time. Using an energy monitor will show you your usage in power and cost.

**TOP TIPS** – Avoid leaving your appliances on standby. On average, UK households spend £30 a year powering appliances left in standby mode. Most appliances will reset when turned back on.

Use the economy cycle on your washing machine whenever you can and washing full loads will reduce your energy consumption.

Your freezer will run more efficiently when it's defrosted regularly. Using a vacuum cleaner to clean the condenser coils underneath your fridge or freezer will also help increase efficiency.

# LIGHTING

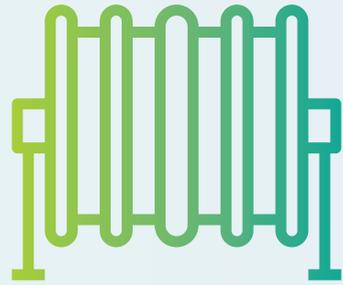


Lighting accounts for 15% of a typical household's electricity bill. Always turn lights off when leaving a room.

Have you thought about solar lighting? There are many different environmentally friendly choices available for lighting up your outside space.

**TOP TIP** - Replacing all bulbs in your home with LED alternatives could save approximately £35 a year on your electricity bills and they last a lot longer than standard filament bulbs.

## HEATING



Set your heating and hot water to come on and off when you need them.

Experiment by turning the hot water and heating controls on the boiler down and use your thermostatic radiator valves to better control the temperature in each room.

**TOP TIP** - Turning down your room thermostat by just one degree can save you around £80 a year.

Close the curtains at night. Thick or lined curtains are surprisingly effective at keeping heat in. Close internal doors to keep heat in the rooms you are using.

**FOR  
FURTHER  
HELP AND  
ADVICE**

### **GENERAL HOME ENERGY EFFICIENCY**

[www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)  
0800 444202

### **WATER**

Northumbrian Water  
[www.nwl.co.uk](http://www.nwl.co.uk)  
0345 7335566

### **SWITCHING ENERGY SUPPLIERS**

[www.uswitch.com](http://www.uswitch.com)  
0800 6888557

[energyhelpline.com](http://energyhelpline.com)  
0800 0740745

### **ADVICE ON DEBT AND ENERGY ISSUES**

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) -  
find your local branch in the phone book



## GET IN TOUCH

 **03000 11 00 11**

 **customer.services@northstarhg.co.uk**

 **www.northstarhg.co.uk**

 **@northstarhg**    **NorthStarHG**

### **Visit / Write:**

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