

SAVE ENERGY. STAY COMFORTABLE. CUT COSTS.

A practical guide to help employees
cut energy use and household costs
this winter

YOUR GUIDE TO SAVING
£250
OFF YOUR UTILITY BILLS
THIS WINTER



Small changes can protect your comfort and cut out waste

Choose the actions that fit your home. You do not need to do everything at once.

£250

is a **practical six-month target** (October 2026 to March 2027 inclusive) for an average-sized home with room to improve its controls and habits.

From 1st October 2026 the OGFEM Price Cap increases by 4%

- This comes on the back of a previous 13.5% increase in July 2026.
- This is based on OFGEM's definition of an average household's use which they define as 2,500 kWh electricity and 9,500 kWh of gas a year. Your individual home's usage may be above or below this level and therefore your savings may be less than or greater than £250.
- Your individual home's building fabric, tariff, occupancy, weather and current settings will all impact on your use this winter.
- This guide is designed to maintain comfort levels particularly for older people, young children and those with health conditions.

IMPORTANT: if you cannot afford your bill, contact your supplier *immediately* – OFGEM says that suppliers must work with customers who ask for help.

Build your £250 saving by targeting the biggest opportunities

Choose what is right for your personal circumstances.

CONTROL THE HEATING

£85–£170

Thermostat, timings, TRVs and system settings

KEEP HEAT INSIDE

£35–£90

Draughts, curtains, chimney and radiator reflectors

USE LESS HOT WATER

£20–£65

Shorter showers, sensible flow and cylinder insulation

CUT ELECTRICITY WASTE

£35–£75

Laundry, standby, lighting and kitchen habits

**REALISTIC SAVINGS TOTAL:
£200–£330**

Start by understanding your energy use

Whilst this might feel like a 'boring' task, understanding usage means you can take action to reduce it and deliver savings.

- 1** Photograph both gas and electric meter readings on 1 October.
- 2** Check and record usage weekly for the first month, then monthly thereafter.
- 3** Compare kWh of similar periods and get to know your usage so you can spot unusual use.
- 4** Make a note of holidays, visitors and unusually mild or cold weather so you can understand the impact on your usage.

A smart-meter display can be a useful daily prompt.

Control the heat — without making the home uncomfortable

Make small changes, then live with them for a few days before changing anything else.

£30–£50

Try 1°C lower

Typical comfort is often 18–21°C, but health needs differ. UK cold-weather guidance advises at least 18°C in rooms that are regularly used – do not fall below this level in cold weather periods.

£25–£60

Trim unused heating time

Move start or finish times by 15 minutes. Remove only periods when the home is empty, everyone is asleep or residual heat is enough. In most homes this is the easiest saving to achieve.

£15–£35

Turn down low-use rooms

Use lower TRV (radiator valve) settings in spare rooms and circulation spaces (hallways, toilets and utility rooms). Keep regularly used rooms comfortable; bedrooms can usually be cooler than living rooms.

Keep regularly used rooms at least 18°C where possible — especially for older people, young children and people with health conditions.

LET RADIATORS DO THEIR JOB

Heat needs space to move into the room.

- Move sofas and long curtains away from covering radiators.
- Regularly bleed radiators that are cool at the top and warm at the bottom to improve heat output.
- Consider placing reflective film behind radiators to improve heat circulation.
- Ask a heating professional about balancing if rooms warm unevenly.
- Annual servicing supports safety and reliability and maintains heating efficiency.

ACTION: Look at each room in your house and review furniture placement to improve heat circulation.



Use settings that suit your heating system

Boilers and heat pumps work differently. If the controls are unclear, check the manual or ask a competent professional.

COMBI BOILER

Try setting radiator flow temperature to 60°C in mild-to-normal weather. Raise gradually during prolonged cold if needed.

Maintain tap water temperature at a minimum of 65°C.

£15–£25

BOILER + CYLINDER

The Energy Savings Trust recommends setting tap water temperature at a minimum of 65°C to meet legionella standards because stored hot water must reach a safe temperature.

SAFETY FIRST

HEAT PUMP

Keep temperatures steady. Make small changes and wait at least a day. Large setbacks and short, high-temperature bursts can reduce efficiency.

STEADY WORKS

NEVER REMOVE BOILER CASINGS – CALL A GAS SAFE ENGINEER IF YOU ARE UNCERTAIN OF CHANGING SETTINGS

Stop draughts — keep essential ventilation

Seal genuine gaps, not the ventilation that protects your home and your health.

£20–£45

Windows, doors and loft hatches

Use compressible strips on moving parts and sealant on fixed cracks.

£40–£45

Unused open chimney

Use a removable, purpose-designed chimney draught excluder that maintains suitable ventilation. Remove it before lighting a fire.

£15–£18

Suitable radiator reflectors

Use purpose designed panels or film behind radiators.

DO NOT BLOCK trickle vents • air bricks • combustion-air vents

Use less hot water — without compromising hygiene

The saving depends on how water is heated and how many people live in the home.

CUT SHOWER TIME TO 4-MINUTES

Two people cutting an 8 litre/minute shower from seven to four minutes avoid about 8,736 litres over 182 days. If there are more people in your household, this saving multiplies.

POTENTIAL SAVING: £20–£45 this winter

Other useful changes

- Measure shower flow: collect for 10 seconds and multiply litres by six.
- Most shower flow rates are 12 litres per minute, reducing this to 8 litres a minute by changing the shower head and taking a 4 minute shower will save £25 over the winter period for a household of 2 people.
- Shower vs Bath: A bath often uses 100–180 litres; a 4-minute shower at 12 litres/minute uses 48 litres or at 8 litres/minute uses 32 litres.
- Repair dripping hot taps and fit tap aerators where suitable.
- Top up a thin cylinder jacket to a British Standard 80mm jacket: this will save about £20–£25 this winter.

Note - Check compatibility of low flow shower heads with electric showers and low-pressure systems.

Powerful appliances cost more for every minute they run

Illustrative maximum cost at 26.32p/kWh. Actual cycling and power use may vary.

APPLIANCE	MAXIMUM RUNNING COST
2kW portable heater	52.6p/hour
2kW oven	52.6p/hour at full power
2.5kW air fryer	65.8p/hour at full power
1.8kW kettle	about 4p for 5 minutes
1.2kW microwave	31.6p/hour at full power
250W heated clothes airer	6.6p/hour
100W electric blanket	2.6p/hour

Note – air fryers and microwave ovens take far less time to cook than traditional ovens and so deliver a significant saving.

Cut avoidable electricity — focus on repeat habits

Small actions become meaningful when they happen every day.

LAUNDRY + DRYING

- Use full, not overloaded, loads.
- Choose eco/30°C cycles where suitable.
- Reduce tumble drying and clean the filter every cycle.
- Ventilate when drying indoors to avoid damp and mould.
- Do not cover radiators with wet clothes.

KITCHEN

- Boil only the water you need in kettles and on hobs.
- Use lids and match pans to hob zones.
- Microwave or air fry suitable small portions.
- Run full dishwasher loads on eco.
- Skip preheating only when the recipe and food-safety instructions allow.

Eco cycles take longer because they save energy by reducing water and heating intensity.

Standby, lighting and smart timing

Use timers or smart controls where they genuinely prevent energy use.

£15–£25

Standby vs Off

Equipment in standby mode consumes energy. Switch off at the socket older audiovisual and office equipment when not in use. A plug-in meter shows what is worth switching off.

UP TO £20–£25

LED lighting

Replace remaining halogen and non-LED bulbs in all rooms in the home, starting with the lamps that are used most.

VARIABLE

Timers + controls

Built-in appliance timers and smart controls can prevent unnecessary use or heating. Configure them around real routines.

KEEP POWERED fridges • medical equipment • security systems • essential communications

Small habits can reduce waste throughout the day

Use the actions that suit your home, routine and health needs.

01 Use free warmth

Open curtains on south-facing windows during sunny winter days.

02 Keep evening heat in

Close curtains at dusk in the kitchen, lounge and bedrooms. Keep curtains clear of radiators.

03 Keep heat in the room

Close internal doors. Use an existing draught excluder where there is an unwanted gap (e.g. under doors).

04 Match heating to your day

Check heating times after changes to work, school or weekend routines.

05 Switch lights off

Turn lights off when you leave a room or when daylight is enough.

06 Cut small electrical loads

Unplug idle chargers. Switch suitable appliances fully off rather than leaving them on standby.

07 Dress for the season

Wear several comfortable layers to help retain body heat.

08 Move regularly

If you are able, be active for about five minutes each hour to help you feel warmer.

Wearing layers and regular movement improve body warmth and comfort. They save energy only when they safely allow you to reduce room heating.

Warm the person safely

Blankets and targeted warmth can help reduce energy use – heating the body, not the air mass.

UNDER 1p

Is the cost of running a 100W electric blanket for 20 minutes reducing the need for room heating overnight.

However, inspect it, follow the instructions, never use it folded or with a hot-water bottle.

Portable heater essentials

- A 2kW heater costs about 53p per full-power hour.
- Use one with a thermostat, timer and partial use settings.
- Plug directly into a wall socket — never an extension lead.
- Keep clear of curtains, bedding, furniture and drying clothes.
- Never leave unattended or use while asleep.

STOP if a plug or socket gets hot, smells unusual, makes sounds or trips a fuse/RCD/circuit breaker.

Your 30-minute home energy reset

Six five-minute checks create a clear baseline and a practical first plan.

5 MIN	Photograph meter readings and find unit rates.	5 MIN	Identify draughts around windows and doors without blocking ventilation.
5 MIN	Check thermostat and weekday/weekend use times.	5 MIN	Time a shower and measure its flow.
5 MIN	Lower TRVs (radiator valves) in genuinely low-use rooms; clear radiators.	5 MIN	Find three avoidable loads: drying, kettle water or standby.

One change at a time. Check comfort. Track kWh.

Write your meter readings below, or transfer this table into a note on your phone.

DATE	GAS METER	ELECTRICITY METER
1 October	_____ kWh	_____ kWh
1 November	_____ kWh	_____ kWh
1 December	_____ kWh	_____ kWh
1 January	_____ kWh	_____ kWh
1 February	_____ kWh	_____ kWh
1 March	_____ kWh	_____ kWh
31 March	_____ kWh	_____ kWh

Record holidays, visitors and unusually mild or cold weather alongside the readings.

HELP, SAFETY AND DETAILS ON SAVINGS

Saving energy should never mean an unsafe temperature or unsafe equipment.

IF BILLS ARE UNMANAGEABLE

- Contact your supplier early — they must work with customers who ask for help.
- Seek independent support from Citizens Advice.
- Check whether you qualify for the Priority Services Register.

SAFETY ESSENTIALS

- Keep useful rooms warm enough for the people living there.
- Maintain ventilation, smoke alarms and carbon monoxide alarms.
- Use Gas Safe engineers and competent electricians where required.

ABOUT THE SAVING FIGURES

The figures used to calculate savings are based on the OFGEM Q4 2026 published price cap and maintained over the 6 months to end of March 2027. On 25th November 2026 OFGEM publish their new price cap rates for the 1st Jan to 31 Mar 2027 period, if these increase, the savings achieved will also increase, equally if they decrease, the savings achieved will decrease.