



# Your guide to saving energy at home



# Looking after your home

---

We know for many people their home is their world. We want to help you look after it, so we've produced this guide with tips on preventing condensation and being energy efficient.

We've got advice on various things, including:

- **Reducing your energy use**
- **Your stock condition survey**
- **Renewable energy suppliers.**

Keep reading to see how you can save energy, whilst saving money on your bills.

# Your stock condition survey



Your home is regularly surveyed by our technical inspectors to make sure it's in a good condition. They'll take a look at the condition of fixtures and fittings in your home, and make a note of where work may be needed to improve them.

We'll complete a survey on your home at least every five years.

We'll also assess how we can improve your home's energy performance with insulation or new windows and doors. It's important that you let us in for your survey, so you can benefit from home improvements, which could save you energy and money.





# Saving energy around your home

---

## Embrace the sunlight

Open your curtains and blinds during the day to let the sun heat your home naturally for free. Closing them again after sunset allows you to trap the heat in. Don't forget to open your windows if you're cooking or bathing to let out damp air/moisture.

## Fill your washing machine and use the lowest temperature

Make your loads worthwhile by filling your machine and try to use a lower temperature. This will save you energy and help the enzymes in bio washing detergent to work well. Washing at higher temperatures can make bio detergents ineffective.



## Cover your pans

When cooking always cover your pans. This helps heat from escaping, you'll use less energy and your food will cook quicker.

## Unplug unused appliances

Even if your appliances and devices are turned off or in sleep mode they're still using energy. Each UK household spends around £50 - £85 a year to power appliances left in standby mode. To save money fully switch off or unplug appliances that are not being used.

## Switch your lightbulbs

When you next replace a light bulb switch to an energy saving one. On average they cost 80% less to run than a standard bulb.

## Peg your clothes out

Using a tumble dryer twice a week costs around £80 a year in electricity. Additionally, drying clothes on radiators increases your energy bills. This can also cause condensation, leading to damp and mould in your home. However, drying clothes outside makes them smell fresh and the sun acts as a natural sanitiser by killing bacteria.



# Keeping an eye on the temperature



Turning down your thermostat can save you money on your energy bills. The ideal temperature for a home is between 18°C and 21°C to minimise the risk of damp.

Though keeping your home warm enough is important, remember if you're on certain benefits you can claim for cold weather payments. This will help you to cover the cost of keeping your home warm during winter.

## To get information on cold weather payments, you can:

- Contact your local JobCentre Plus or the Pensions Service
- Find details on your Universal Credit account online
- Call the Universal Credit helpline on 0800 328 5644. If you're eligible to receive this help, you'll automatically get paid during winter.



# Switch to a renewable energy supplier

Switching to a 100% renewable energy supplier has never been easier. With almost all energy suppliers in the UK now offering 100% renewable tariffs, it's a great way to help the environment.

## To switch energy suppliers you will need:

- Your postcode
- The name of your current supplier and energy plan
- Your annual energy usage or costs.

All this information can be found on your paper energy bills or online energy account.

You can use online energy comparison websites or phone different energy suppliers to find information on 100% renewable energy tariffs. This includes details on how much you could save by switching. Ask your current supplier to switch you to a 100% renewable tariff and if they'll match offers from other suppliers.





How to identify

# Damp, mould and condensation

## Know the signs



### Damp:

Persistent, dark wet patch that may cause flaky plaster and a smell.



### Mould:

It can appear in different colours and is often dark and spotty.



### Condensation:

Visible water droplets gather on cold surfaces such as windows or walls. It can lead to mould if not treated.



# Tips for preventing mould and condensation

Ensure good ventilation



Keep heating thermostats at 18 degrees where affordable



Dry clothes outside where possible



Use extractor fans and dehumidifiers when cooking/bathing



Keep unused rooms at 18 degrees where affordable



Open windows when it's sunny

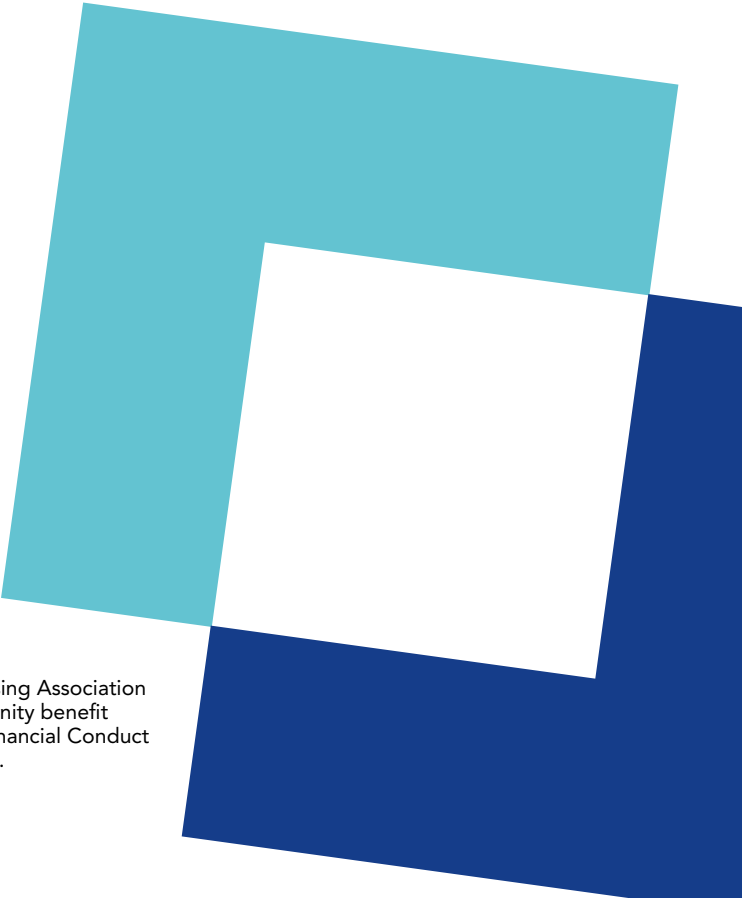


Keep lids on saucepans



## Report a damp and mould issue

Email our Customer Service team at [info@ncha.org.uk](mailto:info@ncha.org.uk), or search 'damp and mould' on the NCHA website for more support.



Nottingham Community Housing Association Limited is a charitable community benefit society, registered with the Financial Conduct Authority under number 7104.

Published October 2021