



ENERGY COSTS



Loreburn
Housing Association

The cost of energy has been rising steeply over recent years and it is understandable that most people are concerned about the cost of energy in their home.

It is useful to know whether your energy consumption is usual for your home size and the type of energy used. British Gas have a really useful table on their website showing this information, which is updated on a regular basis: [Average Energy Bill](#)

The data is provided in kwh used and cost per month and year. If you find your energy usage is not particularly high, but your cost is, you may find it beneficial to shop about for a cheaper tariff. There is a number of comparison websites that can assist with this.

Many people believe the Pay As You Go tariffs are more expensive than Direct Debit tariffs, however, recent changes in the law mean this is no longer the case and this is supported by the British Gas data so don't let this put you off moving to a PAYG tariff if this would suit you better.

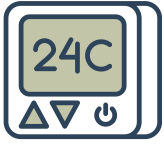


REDUCING YOUR ENERGY USAGE



The most “power hungry” items in your home are anything that produces heat. Therefore, it makes sense these will be your heating and hot water. So anything you can do to reduce this usage will have the biggest impact.





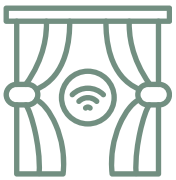
Thermostat Settings:

- Set your thermostat to the lowest comfortable temperature. Turning it down by just 1°C can significantly reduce your bill (some sources suggest up to 10%). For most people, between 18°C and 21°C is considered ideal.
- Avoid turning your thermostat up too high to "heat up faster" – set it to your target temperature and it will switch off automatically when it reaches it.
- Ensure your thermostat isn't blocked by furniture or curtains, as this can prevent it from accurately sensing the room temperature.



Timer / Programmer:

- If you have a timer or programmer, turn off, or significantly reduce the heating, when you're out or asleep. It takes time for your home to warm up and cool down, so factor that into your timings (e.g., set it to come on half an hour before you wake up).
- Set your heating to come on only when you're home and awake.
- Make sure your heating system is set to "auto" or a clock symbol to follow your programmed timings, rather than being on a continuous setting.



Windows:

- Use thick curtains, especially thermal-lined ones, and close them at dusk to trap heat in. Make sure curtains don't block radiators, as this prevents heat from circulating into the room.
- This can also help in the summer time to keep your home cool, thereby reducing the need to use electric fans.



Hot Water:

- Take shorter showers instead of baths (a 4-minute shower can save a typical household around £60 a year compared to longer showers, or £9 a year if replacing one bath a week).
- Use a bowl for washing up instead of running the tap.
- Report any dripping taps, especially hot ones, to our In House Repairs Team.
- Consider a water-efficient showerhead.



Appliances:

- The energy used by the appliances in your home varies greatly. Being aware of high consumption items can help you make decisions about where the greatest savings can be made. [Which Appliances Use The Most Electricity? \(2025\)](#).

HELP WITH BILLS

If you are having issues paying your energy bill [Ofgem](#) have some useful information.

Also Lemonaid assist with saving on gas and electricity costs with impartial advice.
www.citrusenergy.co.uk / 08002 218 089.

