

Kelly's Eye	Turn your thermostat down by 1 degree - it can save you up to £90 off your fuel bill!
One little duck	You're in luck! If you were born before 1952 you qualify for the Winter Fuel Payment! Get between £100 - £300 tax free towards your heating bill!
Cup of tea	Boiling only the water you need is the key. And can save you £7 in energy bills a year.
Knock at the door	If you're worried about meter readers coming into your home, sign up for the Priority Services Register! Check with your supplier if you are eligible and set up a free password.
Insulate pipes	Insulate any exposed hot water pipes and you'll keep your hot water hotter for longer, saving you £10 per year.
Cookery tricks	Chop up food into small pieces and use lids on pots and pans – your food will cook quicker and use less energy.
Lucky for some	If you're lucky enough to see the sun, dry your laundry outside instead of using the tumble drier. Drying naturally can save you £18 per year!
Garden gate	Be sure to tell your neighbours to insulate! Did you know one in four pounds spent on heating is wasted in poorly insulated homes? And you might be able to get insulation for free!
Doctor's orders	Keep your home warm to stay healthy. If you're under heating your home, you put yourself at risk of falls, strokes and heart attacks.
Leader's Den	Switching lights off when leaving the room saves £7 a year.
Legs 11	Installing loft insulation where none exists can save you £140 a year. Topping up insulation from 100mm to 270mm will save you £15 a year.
One dozen	Get to know your oven! Learn how long it takes to pre-heat, so you're ready to start cooking as soon as it's up to temperature.

Unlucky for some	A running tap wastes more than 6 litres of water a minute, so turn off the tap while brushing your teeth, shaving, or washing your face.
St Valentine's Day	Love your boiler and keep it serviced every year- you can get it serviced for free if you sign up to the Priority Services Register!
Washing machine	When washing clothes, always use a full load and economy programme where possible. You'll save energy and water!
Sweet sixteen	Room temperatures below 16 degrees can be dangerous for your health - set your thermostat between 18-21 degrees to stay healthy and comfortable.
Keeping clean	Long showers can run up your bills. Spending one minute less in the shower each day could save more than £10 off your energy bill per year per person.
Use a bowl to clean	Did you know that using a bowl when washing up, rather than a running tap can save you £30 a year in energy bills?
Sweet dreams	Keep warm at night by using thermal or heavy curtains in winter to help stop heat escaping through the windows!
Two zero, blind 20	Energy efficiency will save you plenty! Install a programmable thermostat which will turn your boiler on and off automatically when it reaches the right temperature, saving you money.
Key to the door	Keep your living room temperature between 18 and 21 degrees C to stay healthy.
Two little ducks	Have a shower rather than a bath to wash off that muck – it can reduce your hot water consumption by 50%!
Counting sheep	For a comfy sleep, remember to close the curtains at dusk to keep in the heat.
Insulate the doors	Insulate the windows and doors – block up unwanted gaps that let cold air in and warm air out. Draught proofing windows and doors can save you up to £35 on your annual heating bill.

Don't lose out	Radiator panels reflect the heat that would normally be lost behind your radiators back into the room, saving you around £10 per year.
Pick and mix	Mix up the drying process – reducing to one load of washing a week, and using the clothes horse or washing line, could save up to £30 on your annual bill!
Tariff heaven	Ring your supplier and check if they have a cheaper tariff! Fixed price and online tariffs can save you money.
Switching is great!	Why not switch to LED light bulbs? Replacing all standard bulbs could save you up to £35 per year.
Time to dine	Did you know that a slow cooker uses just a little more energy than a traditional light bulb? And you can get on with other things whilst the dinner's cooking!
Three zero, blind 30	Washing at 30 degrees rather than higher temperatures can save around £6 per year.
Don't leave it on!	Turn appliances off at the wall when not needed to save money and energy, or use a standby saver to turn all your appliances off from standby without having to reach for the plug.
It's up to you!	Get an energy monitor, so you can clearly see where you're using energy and how you could cut back. It tells you what you're using in real time!
Savvy laundry!	Taking your clothes out of the dryer whilst they're slightly damp makes them easier to iron, you'll use less energy!
Feel the thaw	Fridges run more efficiently when they are set at the right temperature. If yours has a thermostat in it, set it to between 3°C and 5°C.
Economy drive!	Remember to fill your dryer, but don't overload, to maximise efficiency as tumble dryers consume more energy than washing machines!
A proper fix	High efficiency condensing boilers can save up to £340 a year, so why not switch to a new energy efficient boiler if yours is over 15 years old?

Savings heaven!	On average, replacing a 10 year old fridge freezer with a new model will save you around £22 in energy bills each year.
Don't forget to ventilate	Reduce condensation and ventilate! Opening windows allows fresh air to circulate, reducing the risk of mould.
Feeling fine	If you have a hot water tank, lowering the temperature to 60 degrees C could save on heating costs whilst remaining hot enough to kill harmful bacteria.
Four zero, blind forty	You could save around £140 a year by installing loft insulation in your home.