



Eco Church Update 12 October 2026

Facts: It's autumn! There is no doubt that the nights are drawing in and the temperatures are dropping. That unfortunately means that our energy use at home is likely to go up. So, what can we do to keep our energy bills down and to be more environmentally friendly at the same time? Last month we looked at water use and many of those tips are also relevant for energy use, but let's look at some of the other things we can do. Of course, there are big projects that can make our homes more energy efficient, but there are also lots of simple low cost options.

Tips:

- Avoid using a tumble dryer if you can.
- Switch appliances off standby
- Do you have a hot water cylinder? Is it insulated? If not, could you insulate it?
- Many people boil their kettles with more water than they need. If you avoid overfilling the kettle you can save up to £10 a year on your energy bill.
- Fit a tap aerator. It's a small gadget with tiny holes that attaches to the spout of your tap and reduces the amount of water coming out. They are cheap and easy to install but could save up to £20 a year. Some water companies will provide them!



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- Turn off the lights when a room is not being used. Are all your lightbulbs LED?
- Have you got some draughts? Draught proofing around windows and doors decreases the amount of cold air coming in and means you will need less energy to heat your home.
- If you have central heating radiators, make sure that you remove the trapped air in them which makes them less efficient. Bleeding radiators (when they are cool!) regularly can really help. If you do not know what to do, ask for help or look at the energy saving trust website (link below)
- Have you got a draughty letterbox? You can get draught excluders for them.
- If you must buy something new such as home appliances, make sure you check the energy ratings labels and buy the right size appliance for you. Make sure you dispose of old appliances appropriately, for example, many companies take old appliances from you or can advise on where they can be recycled.

For further information

Energy Saving Trust https://energysavingtrust.org.uk/hub/quick-tips-to-save-energy/?_gl=1*1ocig60*_up*MQ..*_ga*MTEwMDc5MzgzLjE3OTAzNTUwNDA.*_ga_GPYNXFLD7G*cze3OTAzNTUwMzc5MzgzLjE3OTAzNTUwNDQkajYwJGwwJGgw

Gov.uk includes some information on payments and grants that some people may be entitled to

<https://www.gov.uk/improve-energy-efficiency>

If you are in the position of having to/being able to change your heating system and/or your supplier, spend some time working out what will be best for you, your home and the environment

<https://www.wwf.org.uk/scotland/make-your-home-green>

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