

Your Energy Efficiency Guide



Smart ways to create an energy efficient home

When you get your smart meter installed, it comes with a nifty In-Home Display (IHD) that helps monitor what you're spending on energy. The IHD shows the cost of your energy in near real time, helping you identify what appliances are consuming the most power. This is indicated through the dial, which moves from green to amber to red as the energy usage and cost increases.

Adopting good energy habits for everyone in your household is made easier with a smart meter. Set energy saving goals and budgets and monitor your success using the IHD. By doing so you can reduce your energy use, cut costs, and become more energy efficient.

**Three simple steps
can save you over
£123 each year[^]**



[^]By turning the lights out when not in use, avoiding standby mode and setting your thermostat to between 18 and 21 degrees you could save over £123 a year. Estimated savings based on a family of four sharing a 3-bedroom semi-detached home (Energy Saving Trust, April 2016).

Saving money is as easy as 1, 2, 3

Which three commitments can you adopt to become more energy efficient and save money?

Tick three boxes and make positive changes today



Pull the plug on standby mode

Did you know that if your TV or any of your electrical devices are left on standby mode you could be wasting energy and money? When not in use, turn off your appliances at the plug - you could save up to £80 each year.*



Keep your cool

When using the washing machine, high temperatures and excessive loads use up a lot of electricity. Cut down use by washing full loads at 30 degrees or less; it can save you money and keeps clothes looking and feeling fresh.



Trap the heat

Avoid heat escaping in the chillier months by installing insulation. Whilst employing a professional may cost you, whether you live in a large house or a small flat the cost should be recouped within five years through energy savings.

* Estimated savings based on findings from Energy Saving Trust



Shedding light on the issue

It's nice to have a welcoming home throughout autumn and winter, but it's worth remembering that turning off lights when not in use can save you around £14 a year on your energy bill.* Even if only for a few seconds, you will save more money by turning lights off and switching them on again than keeping them continually turned on.



The power of showers

Baths may seem a great option to de-stress, but the amount of energy required to heat the water is anything but relaxing. Short and sweet showers will save you time and money.



Waste not want not

We're a country of tea drinkers and this shows no signs of changing, but we can make a positive change by only boiling the water we need. Instead of filling an entire kettle for a cup of tea, save time, energy and money by boiling only what is needed.



Blown away

On days when letting your hair dry naturally just won't cut it, rather than cranking up your hairdryer's settings to full whack, opt for a cooler setting to reduce the amount of power needed.

Handy links

Read customer testimonials and discover how people are saving money on their energy bills at smartenergygb.org/en/smart-living/how-smart-meters-are-helping-people-save

For more energy saving tips

ScottishPower Energy Efficiency Advice:

0800 332 233

scottishpower.co.uk/energy-efficiency

Simple Energy Advice (Government Endorsed Advice):

0800 444 202

simpleenergyadvice.org.uk

Home Energy Scotland (Scottish Government Funded Advice):

0808 808 2282

energysavingtrust.org.uk/scotland/home-energy-scotland

Nest (Welsh Government Warm Homes Programme)

0808 808 2244

nest.gov.wales

Energy Saving Trust:

energysavingtrust.org.uk

Get in touch

We want to help. If you have an enquiry about this guide, or any aspect of our service, please contact us.

Letter

ScottishPower Customer Services
320 St. Vincent Street, Glasgow, G2 5AD

Web

scottishpower.co.uk

Phone

0800 027 0072

Lines open Monday to Friday 8am to 8pm and
Saturday 8.30am to 4pm.

Hearing or speech difficulties?

Depending on your needs, the Next Generation Text Service (NGTS) offer a range of tools and services that can help you contact us. Simply visit www.ngts.org.uk for more information.



SCOTTISHPOWER