

Energy saving tips

There are a number of simple steps you can take to save energy and money.

[Energy Services, Newcastle City Council](#) gives advice to people in Newcastle on their helpline about energy use in the home, how to reduce fuel bills, and how to keep warm.

Save electricity

- don't leave appliances on standby
- turn off lights when you don't need them or when you leave a room
- draught-proof your property to prevent heat loss
- avoid using tumble dryers
- switch your bath for a shower
- only use your washing machine and/or dishwasher when it is full
- only fill the kettle with the amount of water that you need
- replace your light bulbs with more energy efficient ones. LED bulbs are more expensive to buy, but can last over 10 years compared to halogen bulbs which may only last 2 years.
- [check the energy rating](#) when buying new appliances

[Energy Saving Trust have some quick tips to save energy](#) which shows how much you could save a year with these small changes.

Citizens Advice have a handy [appliance tool](#) to compare the average cost of using different electrical appliances.

[Our Gas and Electricity](#) article has more information about Winter fuel payments, priority services register and more.

Energy switching

Switching to a different energy supplier and moving to a new tariff could save you money on your energy bills. You can use price comparison websites to compare tariffs and help you switch. You should use websites that have signed up to Ofgem's price comparison website code of practice, such as:

- [The Energy Shop](#)
- [Money Supermarket](#)
- [Simply Switch](#)

- [Switch Gas and Electric](#)
- [Uswitch](#)

Citizens Advice have [detailed guidance](#) you should consider if you do see a deal that you are interested in.

Heating and hot water

More than half the money spent on gas bills goes towards providing heating and hot water.

Installing a room thermostat, a timer/programmer, and thermostatic radiator valves could save you money over the year depending on your household and heating habits.

- turning down your room thermostat by just one degree can save around £85 a year
- the general advice is to keep homes between 18-21°C
- if you have a health condition that could be made worse by the cold, you shouldn't set your thermostat lower than 21°C
- insulate your hot water tank and pipes.
- install loft insulation to reduce your home's heat loss by 25%
- installing cavity wall insulation can reduce heat loss by 35%
- turn down radiators in rooms that are not being used
- do not obstruct radiators with furniture.
- close doors and windows while the heating is on
- fix dripping taps

[Check your home's energy rating](#) if your property has an [Energy Performance Certificate \(EPC\)](#), it will recommend the measures you can install to improve the rating. If you rent from a private landlord you must have an EPC and it must be rated E or above unless they have [applied for an exemption](#)

[Help with heating problems and how to pay for them](#) has more information about insulating your home, help with energy debt and more.

Make sure your bills are right

Your gas or electricity meter readings show how much energy you've used. Your energy supplier will need this when working out your bill. If you don't give your supplier regular meter readings, they will need to estimate your bills meaning that they may not be accurate.

You can submit meter readings by phone, online, or by app if your supplier has one.

[Citizens Advice](#) has more information on how to read different types of energy meters. There is also information on how to ask your supplier for [additional support](#) if you struggle to read your own meters.

Smart meters

A smart meter will automatically send meter readings to your supplier, meaning that your bills should be based on actual readings. You should not have to pay for a smart meter to be installed. You should be offered an in-home display which you can use to monitor how much energy you use. This can be a helpful way to reduce your energy costs.

Visit our [Gas and electricity](#) article for more information on smart meters.

Heating and insulation advice

Knowing how to use your heating effectively can help keep your energy costs down.

If you are not sure how to use your heating and would like to arrange a home visit:

- if you own your home or rent from a private landlord contact [North East Warm Homes](#)
- if you rent from Newcastle City Council contact [Energy for the Future](#)
- if you rent from another social landlord please contact them to discuss the support available

There is also information available through Citizens Advice, including [how to use your storage heaters efficiently](#) if your property has this type of heating.

Having insulation for your home will help to keep the heat in your property. This means that you won't lose energy through draughts or poorly insulated materials, saving you money on your energy bills.

[Energy Services, Newcastle City Council](#) give energy advice on their telephone helpline. This includes tips on ways to reduce your fuel bills, keep warm, as well as any insulation support that you may be eligible to apply for. Their online page also has helpful information to get you started.

Home improvement Support

Energy Advice North East have information about available [financial support](#) to help with energy saving home improvements. They can look at your eligibility and how to apply, as well as providing more detailed advice and support over the phone.

Newcastle City Council's Energy Services page also have information about [support that you can access](#) to upgrade your home. They may be able to help you identify if there is any support that you are eligible for.

Read more on InformationNOW about:

- [Energy Saving Tips](#)
 - [Keep warm and well in the winter](#)
 - [Finding Reliable Tradespeople](#)
 - [Gas and electricity](#)
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Useful organisations

Newcastle City Council Energy Services provides energy advice and develops projects to help residents access funding to improve the energy efficiency of homes.

RiCD (Research Institute for Disabled Consumers) provide consumer advice and have a helpful section on their website about: **Central Heating Controls**

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Useful Organisations

Energy Services, Newcastle City Council

Email: energy@newcastle.gov.uk

Website: www.newcastle.gov.uk/energyadvice

Telephone: 0191 278 3427

Address: Operations and Regulatory Services, NE1 8QH

Energy Saving Trust

Website: www.energysavingtrust.org.uk

Telephone: 0800 098 7950

RIDC (Research Institute for Disabled Consumers)

Email: mail@ridc.org.uk

Website: www.ridc.org.uk

Telephone: 0207 427 2460

Address: Unit 10 Blenheim Court, N7 9NY

Ofgem

Email: consumeraffairs@ofgem.gov.uk

Website: www.ofgem.gov.uk

Telephone: 020 7901 7295

Energy Ombudsman

Email: enquiry@energyombudsman.org

Website: <http://www.ombudsman-services.org>

Telephone: 0330 440 1624

Address: PO Box 966, WA4 9DF

Related Articles

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