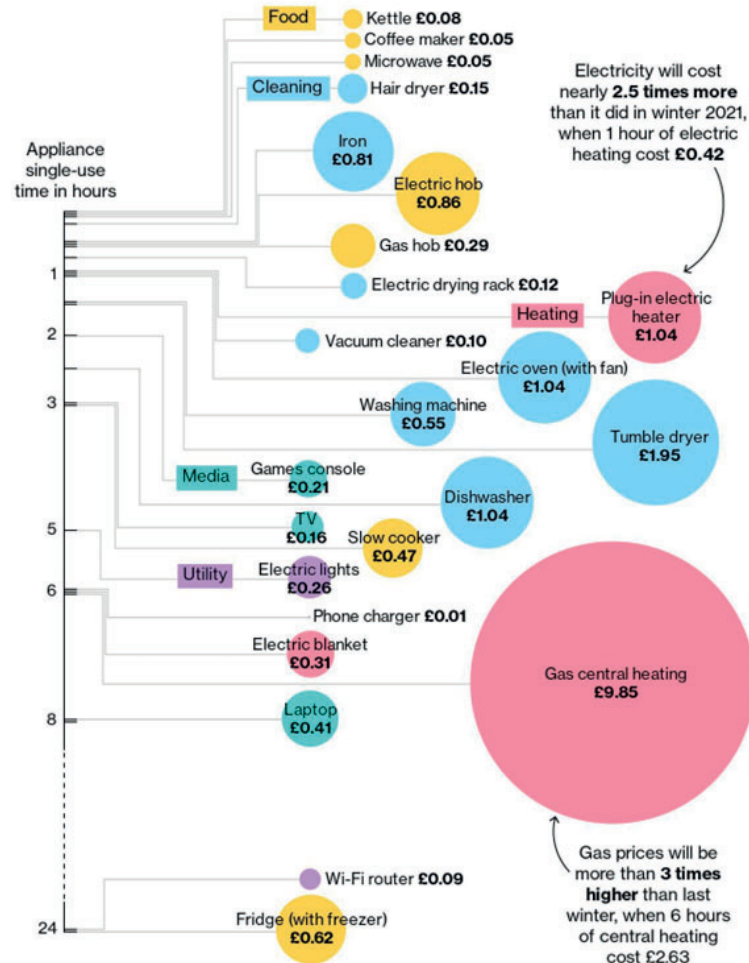


# Populo Energy Saving Tips,

We have included this graphic produced by Bloomberg to help explain some of the most effective approaches to reducing your energy bills:

## Budgeting for Winter's Energy Bill

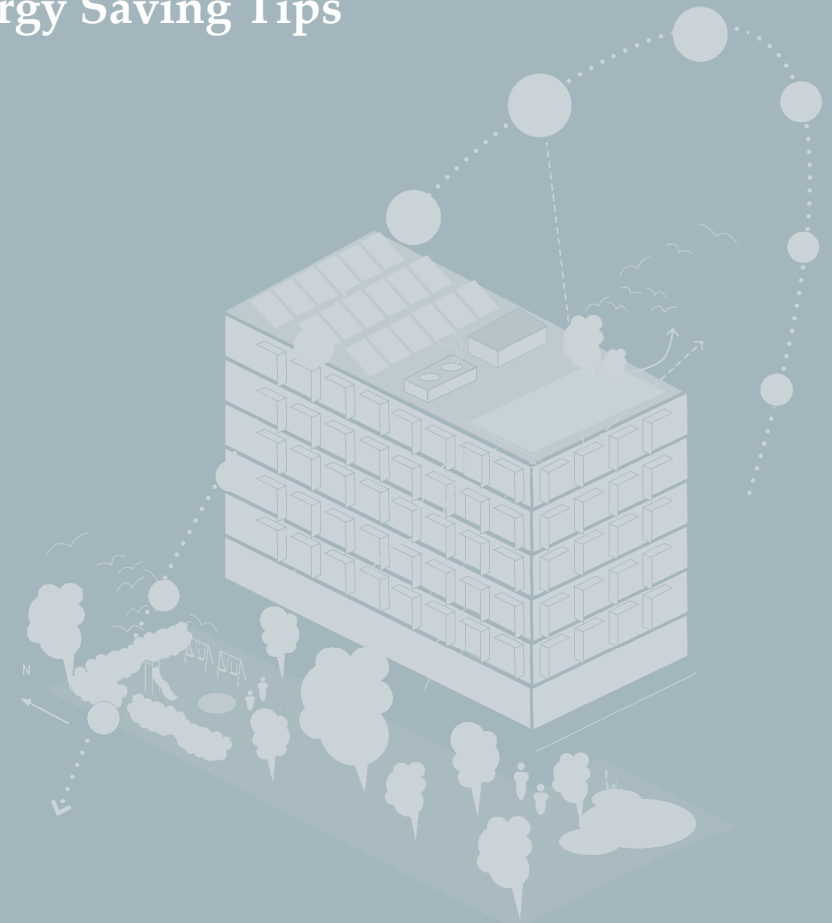
Estimated single-use costs for appliances from Oct. 2022 – Jan. 2023



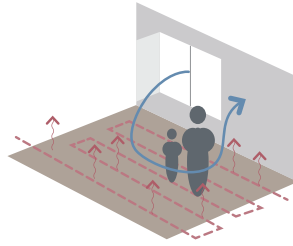
Sources: Uswitch; Ofgem; The Heating Hub  
 Note: "Electric lights" is equivalent to 10 non-energy-saving bulbs. "Gas central heating" is for a typical home size according to Ofgem.

Bloomberg

# Populo Living's Energy Saving Tips



## Populo Energy Saving Tips Heating



### HEAT PUMPS AND OTHER HEATING SYSTEMS

All our new developments have efficient all-electric systems for heating and hot water.

A simple way to reduce bills is to turn down the thermostat slightly. For each degree you cut the thermostat, expect to cut bills by 4%, or about £142 a year on average for a typical home. The World Health Organisation says that 18 degrees C is enough for healthy adults, with slightly higher temperatures needed for the very old or young.

### WINDOWS + DOORS

Consider installing secondary glazing, which could be as simple as a clear plastic film to help reduce heating energy in the winter (even cling film has some benefit if installed correctly)

Check for draughts and plug any holes in windows or doors, even between rooms. You can do this by holding a joss-stick near windows and doors and watching where the smoke goes.

## Populo Energy Saving Tips Washing, Cooking and Ventilation

### COOKING

Using microwaves, slow cookers or air fryers can save money compared to a larger traditional oven. These appliances can save around 50% of the energy typically used.

### HUMIDITY CONTROL

Avoid using dehumidifiers if possible, as they can use a lot of energy. Adequate heating and ventilation should be able to resolve any damp problems. Report any remaining damp issues to your housing management.

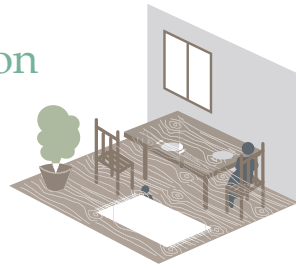
### SECURE VENTILATION

Use windows for ventilation wherever possible. A typical 12-inch 35W desk fan would cost just 1p an hour to run based on the current average price cap rates, so about 10p if you leave it on all night.



When temperatures allow, windows and doors should be used as they can provide ventilation at much higher rates than mechanical systems.

## Populo Energy Saving Tips Washing, Cooking and Ventilation



### CLOTHES WASHING

Avoid using washing machines and tumble dryers where possible. Always load washing machine full when you use it. The Energy Saving Trust says that washing at 30C, rather than 40C or higher, will save 40% of the energy used every year, and that modern washing powders and detergents will work effectively at lower temperatures.

A tumble dryer will run up more costs, so try to air-dry on a clothes horse or washing line. Utilita says there is a £116 saving to be made. Dry clothes on a washing line or on a balcony (be careful of mould / humidity build-up indoors)

### SHOWERING

Install a free water saving showerhead, and other free water saving features from your water company. These devices aerate the water, and are ideal for showers and hand washing basins, but may not be best for a kitchen tap where you want to fill up containers quickly.

Doing all of this should result in a 2%-ish saving, or about £71 a year on average for a typical home.

## Populo Energy Saving Tips Heating

### SEPARATE CONTROLS

Installing thermostatic radiator valves and using them with your thermostat could save £75 per year according to the Energy Saving Trust. It recommends using the thermostat to control the heat in your main living space and using thermostatic radiator valves to lower the heating in rooms you don't use as often.

There are a variety of simple devices that can be used for this, but please check with you building manager first.

### FAN HEATERS / OIL HEATERS ETC.

Avoid the use of temporary heaters wherever possible, these tend to use a lot more power than pre-installed systems. Where you need to use plug in heaters use oil based radiators, rather than fan coil based systems.



Installing insulation, and efficient electric heat pump technology are the most effective ways of reducing energy bills and carbon emissions

## Populo Energy Saving Tips Lighting, and other Electricity



### SWITCH TO LED LIGHTS

LED uses about half the energy of the bigger fluorescent spiral 'energy-saving bulbs'.

### CHECK FOR "VAMPIRES"

Older devices, such as games consoles, laptops and TVs, draw small amounts of power when not in use but still plugged in and turned on at the socket. This is sometimes known as 'vampire power'. The Energy Saving Trust says you can save about £40 a year by turning off your appliances at the plug, while British Gas says it could be £110 a year. You may want to think about getting a standby saver or smart plug which allows you to turn all your appliances off standby in one go.

### SMART METERS

This is a small gadget that communicates wirelessly with your smart meters, monitoring what energy you're using and showing you how much it costs, in near real time. With more information on your day-to-day energy use, the idea is that it will help you spot ways to cut back.

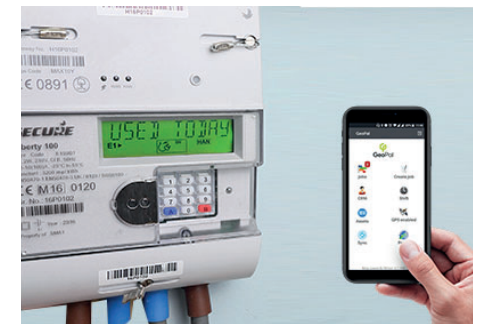
## Populo Energy Saving Tips Lighting, and other Electricity

### USING POWER AT NIGHT

If you're on an Economy 7 or 10 tariff, you'll pay less during the night, but a higher rate than average during the day. But if you're on another tariff, it doesn't make any difference. Before you use an appliance at night, check it's safe. If you're unsure what tariff you're on, check your latest energy bill or ask your energy company.

### LARGE APPLIANCES

Some of these, such as fridges and freezers, must stay on all the time and will always add to the energy bill. A simple way to save is to limit the number of times their doors are opened. Cooling the air costs money, so the less you open the door, the less you spend."



We are reducing operational carbon emissions by installing efficient electric heat pumps in all new projects and improving insulation and air-tightness.