CHESHIRE COMMUNITY ACTION

Electrical Appliances & Low Energy Lighting

One Unit of electricity is 1KWh, or 1000 Watts on for one hour. This is the unit you pay for on your bill. (Imagine a one bar electric fire on for one hour - that would use a Unit of electricity). One Unit costs about 10p to 13p, look at your electricity bill for the cost from your supplier. You may benefit from changing supplier.

Handy tips for saving electricity

- Try to use a grill or microwave to cook if appropriate.
- If you have Economy 7 electricity you can use washing machines and tumble dryers during the 7 hours overnight at the cheap rate using a timer.
- When buying a new kettle, consider an energy efficient one which can heat small amounts of water.
- If you use an immersion heater to heat you water it may be worth fitting it with a timer and converting your electricity tariff to Economy 7. Check with your electricity company.
- Don't leave your TV, video or stereo in standby mode for long periods - switch off at the set.
- Buy low-energy light bulbs. These use about a fifth of electricity and last eight times longer than a traditional bulb.

Electricity used by common appliances (approximate – appliances vary)

Single underblanket	1 ½ hours a night for 1 week	1 unit
Double underblanket	1 ½ hours a night for 1 week	1 ½ units
Oven (conventional)	Medium heat for 1 hour	3 units
Oven (fan assisted)	Medium heat for 1 hour	2 units
Microwave	2 hours	1½ units
Kettle	7 litres of boiling water	1 unit
Freezer (upright)	24 hours	2 -3 units
Fridge	24 hours	1- 2 units
Extractor fan	24 hours	1 unit
Dishwasher (cold fill)	One full load, average	3 - 4 units
Washing Machine	One full load at 40^{o}C	2-3 units
Tumble Dryer	1 hour	3 units
Iron	1 hour	1 unit
Immersion heater	1 hour	3 units
Shower (8.5kW)	6 x 10 minute showers	8.5 units
Hair Dryer (500W)	12 ten minute sessions	1 unit
Vacuum cleaner (cylinder)	½ hour	1 unit
Dehumidifier (250W)	4 hours use	1 unit
Convector heater (2kW)	½ hour warmth	1 unit
Fan heater (3kW)	20 mins warmth	1 unit
One bar electric fire (1kW)	1 hour warmth	1 unit
Oil-filled radiator(1kW)	1 hour warmth	1 unit
Panel heater (1.5kW)	40 mins warmth	1 unit
Television	6 hours	1 unit
Digital / cable box	11 hours	1 unit
Computer	1½ hours	1 unit

Low-energy light bulbs use about a fifth of the electricity of an ordinary light bulb, and they last eight times longer - about ten to fifteen thousand hours. Electricity companies have been providing free or heavily discounted low energy lights for some years. Although some designs are more expensive than traditional bulbs, they are much cheaper to run.

Choosing low energy light bulbs

Low energy lights are available in both bayonet or screw fitting and can usually be fitted simply by removing the old bulb and replacing it with a low-energy light.

The best position

The longer a light is on, the faster you will save money so it is best to replace your most heavily used lights first. This may be your living room, kitchen, hall, outside light, or other location. Low energy lights will not work with dimmer switches, some electric timing devices or with automatic presence detectors.

Design and shape

The lights come in several designs, the most common is the 'stick' or 'twisted or looped stick' type. But the lamps can now be found to replace candle styles lamps, or spotlights although these are slightly more expensive.

Lampshades

If you are buying new lampshades, look for those which can be adjusted inside to take the shape of the low-energy light. Some shops sell shades specially designed for low-energy lamps.

Brightness

The Brightness of traditional light bulbs is usually described by its wattage. There are low energy lights which will give you roughly the same amount of light for lower wattages. Here is a guide to equivalent wattages when choosing replacements. If in doubt, choose the next wattage up. Some low-energy lights take a little time to reach their full brightness.

Traditional Light Bulb	40W	60W	75W	100W	150W
Low Energy Light	7-10W	11-14W	15-18W	20-25W	32W

Free
Future of Rural Energy in Europe
ENGLAND

FREE is a rural energy advisory programme, aimed at off-grid communities across England, and targeted at helping people in fuel poverty. The programme brings practical independent advice and information to residents regarding fuel choices, energy efficient technologies, and carbon reduction measures. It helps individual households to focus on reducing their fuel consumption and fuel costs, and also encourages local communities to work together to promote best practice in energy efficiency and carbon reduction.

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