
Reducing Home Energy Use

A guide for our church community as part of our Eco Church journey

Why Energy Use Matters

As Christians, we are called to care for creation, seek justice, and love our neighbours. The energy we use in our homes affects not only our household finances but also the environment.

Most of the energy used in our homes still comes, directly or indirectly, from sources that produce greenhouse gas emissions. By using energy more efficiently, we can reduce our carbon footprint, lower our bills, and help care for God's creation.

Using less energy is often one of the simplest and most cost-effective ways to make a positive environmental difference.

“The earth is the Lord's, and everything in it.” (Psalm 24:1)

How Home Energy Use Impacts the Environment

Everyday activities such as heating our homes, lighting rooms, cooking meals, and powering appliances require energy.

Climate Change

- Energy use is one of the largest sources of greenhouse gas emissions.
- Heating homes accounts for a significant proportion of household carbon footprints.
- Reducing energy consumption helps lower demand for fossil fuels.

Household Costs

- Using less energy reduces household bills.
- Many energy-saving measures pay for themselves over time.
- Efficient homes are often more comfortable to live in.

Comfort and Wellbeing

- Well-insulated homes are warmer in winter and cooler in summer.
 - Reducing drafts can improve comfort and reduce dampness.
 - Smart energy management can make homes easier to run and maintain.
-

Simple Changes That Make a Difference

Many energy-saving measures cost little or nothing to implement and can reduce bills immediately.

Keep Heat Inside Your Home

- Seal drafts around windows and doors.
- Close curtains at night to reduce heat loss.
- Keep internal doors closed when heating specific rooms.
- Use radiator reflector panels where appropriate.

Use Electricity More Efficiently

- Replace old bulbs with LED lighting.
- Turn off lights when they are not needed.
- Switch off appliances rather than leaving them on standby.
- Only boil the amount of water you need in the kettle.
- Choose energy-efficient appliances when replacing older models.

Save Energy in the Kitchen

- Fill your dishwasher before running a cycle.
- Defrost your freezer regularly so it operates efficiently.
- Keep fridge and freezer doors closed as much as possible.
- Allow hot food to cool before placing it in the fridge.

Save Energy with Laundry

- Wash clothes at lower temperatures whenever possible.
- Run full loads in washing machines.
- Dry clothes outdoors or on an indoor airer instead of using a tumble dryer.
- Clean filters regularly to keep appliances running efficiently.

Reduce Hot Water Use

- Take shorter showers.
- Use less water when running a bath.
- Fix dripping taps promptly.
- Consider fitting water-saving shower heads.

Bigger Changes for Greater Savings

For households able to invest in longer-term improvements, larger upgrades can significantly reduce both energy use and carbon emissions.

- Improve Insulation
- Install a Smart Thermostat
- Smart thermostats help ensure heating is only used when needed.

- Generate Your Own Electricity by installing solar panels
 - Fitting triple glazing
 - Consider Low-Carbon Heating such as a heat pump
 - Think About Future Transport eg an electric car
-

A Final Thought

Every unit of energy saved is good for both the planet and our pockets. Whether it is switching off a light, improving insulation, or investing in renewable energy, each action contributes to the responsible stewardship of God's creation.

Small changes, made consistently, can make a meaningful difference.