

Could you save a third off your energy bills?

Introduction

You don't need me to tell you that energy costs are going up - just take a look at your bills. But it wasn't always like this...back in the day, heating your gaff used to be a lot cheaper but it had its disadvantages.

These days it costs you quite a few quid and it's not just the heating: watching the box, blow drying your toenails or toasting your brown sauce sarnies... it all adds up. And if your energy saving knowledge is still in the Stone Age you're going to be in trouble. You could end up going back to basics. But don't worry, it doesn't have to come to this.

The energy saving trust says we waste around £4.5bn in the UK every year just because of simple things we don't do.

Like switching stuff off, using energy saving bulbs and turning the heating down when it's too warm.

And that's just the small stuff. There's a lot more you could do to cut down your energy costs