



Living Well North Tyneside

Supporting Health and Wellbeing

Energy Saving Week (ESW) 2025 is a nationwide campaign designed to empower households with knowledge and tools to improve energy efficiency. This annual initiative not only helps reduce energy bills but also contributes to a more sustainable and eco-friendly future.

What is Energy Saving Week?

Energy Saving Week aims to:

- **Raise Awareness:** Educating the public about simple, effective ways to make homes more energy efficient.
- **Provide Practical Advice:** Offering tips to save energy, cut down costs, and reduce the environmental impact of energy consumption.
- **Highlight Support:** Showcasing available energy-saving grants and tools to help households make the transition to greener living.

When is Energy Saving Week 2025?

Energy Saving Week 2025 will take place from 22–28 January 2025, marking a dedicated period for individuals and families to learn, act, and embrace energy-efficient practices.

How to Save Energy at Home

Here are some actionable ways to save energy, reduce bills, and protect the environment:

1. **Turn Off Lights:** Make it a habit to switch off lights in unoccupied rooms.
2. **Use Smart Devices:** Install motion sensors, dimmers, or timers to control lighting more efficiently.
3. **Upgrade to Energy-Efficient Appliances:** Invest in energy-saving lighting, heating systems, and insulation.
4. **Utilise Grants:** Explore government-backed energy-saving grants and schemes that make upgrades more affordable.

Why Does Energy Saving Matter?

Energy efficiency benefits both individuals and the planet. Lower energy consumption means reduced utility bills, fewer greenhouse gas emissions, and a significant step toward combating climate change. Small, everyday actions add up, making a lasting impact on your wallet and the world.

By adopting energy-saving practices this January, you'll not only see the benefits in your household but also contribute to a more sustainable future for everyone.

Related Links

- [Energy Saving Trust](#)





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