

ChalCAN – ENERGY SAVING IN THE HOUSE

Actions to reduce carbon emissions in the home range from tiny changes in behaviour to installing energy efficient heating systems. Many actions not only reduce CO2 emissions, but also save money; others require cash up front but generally pay for themselves in the long run. There's a lot of support and information available - two websites provide a good starting point.

<https://www.cse.org.uk/advice>

<https://energysavingtrust.org.uk>

For local advice Severn Wye Energy Agency has an advice line at <https://tinyurl.com/y3memfqa>
Also please also look at the sections on Insulation, Solar PV and Heat Pumps on this site.

The suggestions are grouped into three bands according to cost and effort involved

BAND ONE: FOR ALL – mostly free

1. Heating Water:

- Set your washing machine to the lowest appropriate temperature and use short cycles
- Use the tumble drier as little as possible; wash on days when you can dry your clothes outside. On wet days you could use a covered outdoor area, or a clothes horse in a well-ventilated room indoors
- Make sure your dishwasher is full before turning it on and use the eco-wash setting
- Take showers instead of baths. Reduce your shower time or reduce the depth of your bathwater.

2. Lighting:

- Turn lights off when you don't need them!
- Switch bulbs to LED lights, which use far less energy
- Change outdoor lighting, such as security lights, to LED too, and programme them to stay off when not needed

3. Heating:

- Turn your thermostat down (put a jumper on if necessary!). Programme your heating to be appropriate to your habits and turn it off completely when not needed.

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BAND ONE: FOR ALL – mostly free

3. Heating:

- Turn your thermostat down (put a jumper on if necessary!). Programme your heating to be appropriate to your habits and turn it off completely when not needed
- Keep an eye on the weather and change the settings proactively
- Turn off radiators in rooms which you spend little time in.
- Plan for hot water use and set your heating controls accordingly; aim to never use the immersion heater!

4. Appliances:

- Use your oven efficiently, cooking different items simultaneously wherever possible
- Follow guidelines to ensure your fridge and freezer are working efficiently. Don't overfill them!
- Switch off electronic devices at the plug to reduce stand-by use.
- Use energy saving settings on computers and laptops, hibernate them and turn them off as appropriate

BAND TWO: INTERMEDIATE- some outlay but not expensive

5. Monitoring Energy Use:

- Install, or ask your energy provider to install, a smart meter.
- Identify appliances or actions which use most energy, and remediate the problem by upgrading the appliance or adapting your behaviour
- Ask a consultant to audit your property and energy use, and recommend optimal changes within your budget

6. Installing Energy Efficient Appliances

- If you are replacing an appliance which is broken, invest in one with an 'A+++' energy rating
- Remember all goods require energy to be manufactured; consider this before replacing any appliance. The saving in money and energy in a new machine may be outweighed by the cost and energy used to make it.

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BAND THREE: ADVANCED- more expensive initially

7. Boiler and Heating System

- If your boiler is coming to the end of its useful life, research energy efficient options. You may qualify for a grant to upgrade your boiler. Smart controls enable you to tweak temperature in different rooms remotely.
- Condensing boilers are more efficient because they reclaim heat from the exhaust port.
- Combi boilers are generally very efficient, only heating water as required
- Consider a heat pump, solar thermal panels or wood-fired boilers ('biomass heating'). You may be eligible for a subsidy on any of these through the 'Renewable Heat Incentive' (RHI)
- Research types of heating, including underfloor, and consider replacing other components of the system in addition to your boiler



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