

Energy Saving

We all use energy and there are lots of ways that we can reduce the amount of energy we use and use energy more efficiently. Nearly half of the UK's carbon dioxide emissions, the main greenhouse gas which causes climate change, actually come from the things we do every day. It is important to be aware of the energy we use in our everyday activities and how this contributes to our carbon footprint and climate change. In many cases the energy we use may be being wasted unnecessarily or just used inefficiently. This means that there are easy steps which everybody can take to reduce their energy use. Collectively saving energy makes a big difference and so for that reason every effort that is made helps.

Energy Saving Tips

Here are some **no cost** and **low cost** tips to get started. These are things that can be done to save energy at home, at school, at work and in your Scouts meeting place.

No cost

Only boil as much water as you need

- Reducing the amount of water which you boil reduces the amount of energy used as you won't be heating water you don't need!

Turn down your thermostat by 1° C

- Reducing your room temperature by just 1° C could cut your heating bills by 10%, so you could also be saving money.
- If you're cold, consider putting on a jumper or some socks before you turn up the heating or put the fire on.



Don't leave appliances on standby

- Turn appliances, such as televisions, DVD players and stereos, off at the plug, instead of leaving them on standby.
- Turn mobile phone and laptop chargers off as soon as they are charged. Chargers continue to use energy, even after your appliance has been fully charged.
- Turn off microwaves at the plug until you need to use them. Microwaves use electricity 24 hours a day, mostly just to run the clock!
- **6% of all domestic energy in this country is used to power appliances on standby, which means that if we all stopped, we could close down a whole power station!**

Wash at 30° C

- Washing clothes at 30° C instead of a higher temperature can use around 40% less electricity. Modern washing powders and detergents work just as effectively at lower temperatures so, unless you have very dirty washing, bear this in mind.
- Another easy energy saver is to always wash a full load and, where you can't, use a half load or economy programme instead.
- **If you are buying a new appliance, look for the Energy Saving Recommended logo. An Energy Saving Recommended washing machine**

can save you up to £10 a year on your electricity bills and 34 kilograms of CO₂.

Dry clothes outside on a good day

- If you are able to, and the weather is good, then dry your clothes outside and leave the tumble dryer for damp days only.
- If you are using a tumble dryer then use it with a full load as the machine uses the same energy whether full or not, unless your machine has a half-load or economy programme.
- Wring out or spin-dry really wet clothes before putting them into a tumble dryer as this will save you money, and the laundry will dry faster.

Turn off lights when you leave a room

- Want an easy change to make? Then switching off the light when you leave the room is probably the easiest.
- Also think about how many lights you need on, or if at all. If there is plenty of natural sunlight to see without being uncomfortable, then switch it off! Are you casting light over an area of the room or using outside lighting that is not needed?
- **The less time you spend with the lights on, the more energy you save. A normal bulb will use 60 watts of energy an hour, meaning that you could conserve nearly 22,000 watts of energy per year by just switching off one bulb for one hour every day. That's enough energy to power one month worth of evening TV viewing!**

Food choices

- There are lots of ways to reduce the carbon footprint of the food you buy. Look at where the food has been grown and how much packaging it has.
- Organic and fair-trade food is also a good choice as it may have been grown in a more sustainable and ethical way.

Walk instead of taking the car

- If going on a short journey try and walk or cycle instead. Short bursts in the car are less fuel efficient plus walking and cycling helps to keep you healthy!

Low cost

Replace light bulbs with low energy ones

- Traditional light bulbs use only 10% of the energy they drain for light – the remainder is used in heat.
- Replace bulbs individually – as a traditional bulb goes, replace it with an energy saving light bulb, to spread the cost.
- **CFLs (Compact Fluorescent Lamps) will last on average 12 times longer than ordinary bulbs and will save you approximately £100 throughout their lifetime.**

Block draughts

- Stop heat escaping and fill the gaps under skirting boards, between floorboards and around windows.
- **You can use newspaper, papier mache or mastic sealant and it could save around £20 annually on your heating bill.**

Further tips

Switch to a green energy supplier

- There are energy suppliers that use **renewable energy** for their power generation. Switching to a green tariff for your electricity means you are using green energy.
- Power sources with no climate change effect can come from the wind, water and sun, or from crops that absorb carbon when they grow which balances out the emissions produced when they are burned.

Make sure your home is well insulated

- Energy used in homes is responsible for more than a quarter of the UK's carbon emissions, and 80 per cent of this is for heating. Turning down your thermostat, good insulation and more efficient boilers can help tackle climate change, reduce local air pollution, cut fuel bills and can add value to your home.
- Nearly half of the heat in a typical home is lost through the walls and roof.
- Installing roof and wall insulation could save you £400 per year in energy costs.
- Cavity wall insulation is a fantastic way to significantly reduce the amount of energy you need to heat your home. The average house could reduce heating costs by over a third. In fact, between 2002 and 2005 around 800,000 households installed cavity wall insulation. It is estimated that this will have saved nearly 400,000 tonnes of CO₂, enough to fill the new Wembley Stadium 47 times.

Buy energy saving appliances

- Next time you are thinking about buying a new appliance look out for the Energy Saving Recommended logo. It can be found on dishwashers, boilers and even light bulbs.
- These products are the most energy efficient in their category, will cost less to run and help prevent climate change.
- If everyone in the UK replaced their old washing machine with an Energy Saving Recommended model over 400,000 tonnes of CO₂ could be saved, enough to fill more than 2 million double decker buses!
- On the Energy Saving Trust website there is a database which can help you find appliances that carry the Energy Saving Recommended logo, the web address is:
www.energysavingtrust.org.uk/proxy/view/full/407/recommendedproducts



The following websites provide more information on saving energy:

Every Action Counts:

www.everyactioncounts.org.uk/en/fe/page.asp?n1=2&n2=18

Energy Saving Trust: www.energysavingtrust.org.uk

National Energy Foundation: www.nef.org.uk.

Directgov 'Saving energy in your home':

www.direct.gov.uk/en/Environmentandgreenerliving/Energyandwatersaving/index.htm.