

Energy in Transition

A Guide To Energy Conservation



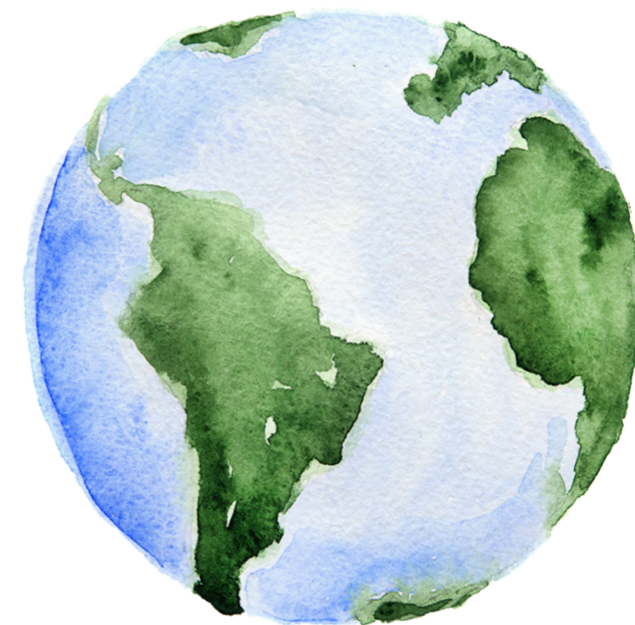
Energy in Transition

A project by Tighean Innse Gall

Energy in Transition is funded through the Energy Industry Voluntary Redress Scheme,
www.energyredress.org.uk.

We aim to help 1000 households to reduce their energy use by 5%. We will carry out a roadshow of events covering the whole of the Western Isles to recruit households to take up the challenge leading to a huge reduction in energy use and carbon emission in the Western Isles.

This booklet provides more information about what you can do to save energy round the home and how to get involved in our project.



Climate change

Why this project is important

Changes in the world climate have always occurred due to a range of factors. There have been periods of extremes in the past both locally and globally. There is broad scientific consensus that human actions are contributing to increasing global temperatures. If we don't act now climate change will speed up and have significant impacts for nature, economy and communities in the Western Isles and beyond. Naturally occurring greenhouse gases

trap heat from the sun keeping our planet warm enough to sustain life. Human activities have increased the amount of greenhouse gases in the atmosphere causing our planet to warm and our climate to change. Since the Industrial Revolution humans have increased the amount of greenhouse gases in the atmosphere to their highest levels





SAVE.

World temperature increases have been caused by activities including:



Burning fossil fuels such as oil and gas to heat and light our homes, fuel our vehicles and create stuff.



The way we produce food



Deforestation of trees that absorb greenhouse gases



Landfilling our waste.

Carbon footprint

Your carbon footprint is the quantity of greenhouse gases that you create from your day-to-day life through home energy use, the way you travel, what you eat and the stuff you buy. According to the Scottish Government we each produce a 10 tonne carbon footprint annually, this is made up of:

32% HOUSING

How we heat and light our homes

30% TRANSPORT

How we travel to work, school for leisure and holidays

16% FOOD

Food and drink we choose to eat and what we waste

22% STUFF

The things we buy, waste and day-to-day activities

Cooking up a storm

Use a slow cooker when possible as they use virtually no energy when compared to an oven.

When you are boiling water, only fill the kettle with as much water as you need. But always make sure to cover the element.

Cook with the lid on your pan where possible to reduce heat loss.

If using Gas, make sure the flame doesn't come over the pan.

You can use a vegetable steamer to cook multiple vegetables at the same time and reduce the demand of your hob.



TIP



Slow cookers use **MUCH** less energy

A lightbulb moment

Do not leave lights on in empty rooms and encourage others in your home to do the same.

Replace your light bulbs with LED lighting. This can save up to 90% of your lighting usage and reduce your energy bills.

Do not leave appliances on standby unless it is necessary.

When buying new appliances check their energy efficiency rating and buy A-rated goods. There are many helpful websites that will allow you to do this.

Clean up your usage



Set your washing machine to 30°C and always fill it up before using it.



Fill up your dishwasher. A half-filled dishwasher will use twice as much energy as a full one.



Use a bowl to wash dishes in the sink rather than leaving the hot tap running.



TIP

Turn off the hot tap, use a bowl to wash the dishes



TIP

Let the breeze do the work, it's free!



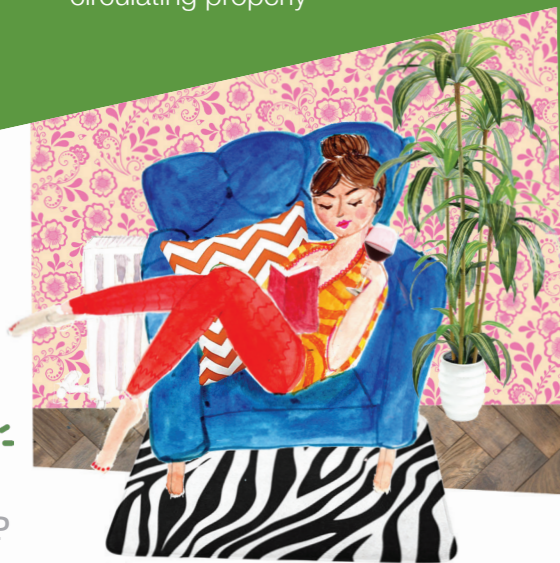
Use a shower instead of a bath. A 5-10 minute shower uses a third of the water used to fill a bath.



Avoid drying clothes on radiators and in tumble dryers, if the weather is nice hang them outside

Get to grips with your controls

- 💡 Set your thermostat correctly between 18°C-21°C or 23°C for children, older people and people with additional needs
- 💡 Do not put furniture in front of your radiators, this stops heat circulating properly



TIP

Don't block the radiator, let the heat go free



TIP

Set your hot water cylinder to 60 degrees



Get smarter with your controls and how you programme your heating. Don't forget to adjust them seasonally



Make sure your hot water cylinder is well insulated with foam or a jacket and it is set to 60 degrees



ENERGY ADVICE TIPS



Insulate

The best way to reduce energy use in your home is to ensure your home is adequately insulated. Insulation will ensure heat stays in your home reaching and maintaining a comfortable temperature, reducing the amount of energy used to heat your home. During a home visit we can offer advice on what insulation measures would be appropriate for your home and make direct referrals to TIG's insulation department who are the sole provider of the Scottish Government's insulation scheme in the Western Isles. We will also explore other funding options to enable insulation measures to be installed.



Renewables

There are a number of renewable options available. These can either directly provide your heating needs, or offset your carbon consumption by generating green energy and selling it to the National Grid. The Scottish Government offer grants and interest free loans to help install renewables. We can discuss appropriate renewables for your home during a home visit and make referrals to enable you to access available funding.

Electric Vehicles

Energy efficient travel is another way of reducing your carbon footprint. To find out more please see our Electric Vehicle fact file.



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