

Sustainable Ideford

'E For Energy Matters'

Welcome to the latest advice and information from Sustainable Ideford. We are continuing to provide tips and links to information we hope members of our community will find useful, so please do feed back to us with your thoughts on recent articles and future activities you think would be useful. For now you can email Jim Gardner at Jimiglobal@yahoo.com

In the near future we will start running open community meetings and events where everyone will be welcome – we will publish details in due course.

For this edition of the News, we are focusing on energy saving. The cost of energy in the home these past few months has become a real issue for all of us – spiralling costs, added inflationary pressure on spending in general and long periods of cold weather. And there may be more price hikes this spring. No doubt many of us are already exploring or putting in place simple actions to limit our energy use. There is plenty of advice out there to help. Some actions are easy and cost nothing.

For example, did you know:

- Turning your combi boiler flow temperature down to 60°C could save you up to £100 a year
- Turning down radiators in rooms you aren't using or use less could save you up to £70 a year
- Turning appliances off at the socket could save you up to £70 a year
- Washing clothes at a lower temperature could save you up to £40 a year
- Using your tumble dryer less could save you £70 a year
- Closing all your curtains and blinds at night
- Only fill the kettle with the water you need – boiling more than you need could lose you up to £25 a year or more

These are just some of the simple things we can do at home to manage how much energy we use on a daily basis.

Central government provided most of the above tips via:

<https://helpforhouseholds.campaign.gov.uk/energy-saving-advice> - check out the 'Quick and easy no cost actions page' for more detail.

Action Climate Teignbridge (ACT) have a huge amount of useful information on reducing carbon footprint at an individual and community level:

www.actionclimateteignbridge.org If anyone wants a copy of their 'ACT Carbon Cutters Safe Actions List' email Jim Gardner and he can share.

Devon Climate Emergency has some excellent tips and ideas for how individuals can lower their carbon footprint and take easy steps to reducing energy:

<https://devonclimateemergency.org.uk/individual-top-tips>

Exeter Community Energy is a growing community you can join if you are considering how to retrofit or upgrade your home to be more energy efficient: www.ecoe.org.uk

That's probably plenty to get you started! Good luck and we'll keep everyone posted re future planned events.