

The Southern Housing Group
Service Centre is open from
8am to 8pm, Monday to Friday

If you live anywhere in the UK
except the Isle of Wight, phone
us on **0300 303 1771**

If you live on the Isle of Wight,
phone us on **0300 303 1772**

Email us at
service.centre@shgroup.org.uk

Write to us at
Service Centre,
Southern Housing Group,
PO Box 643,
Horsham RH12 1XJ

Visit our website at
www.shgroup.org.uk

For help with translations, or if a large type,
Braille or audio summary would be useful,
please contact our Service Centre.

Arabic

لمساعدتك في الترجمة يرجى الاتصال بمركز الخدمة على هاتف 0300 303 1771.

Bengali

অনুবাদ সাহায্য পেতে হলে সার্ভিস সেন্টারে 0300 303 1682 নম্বরে ফোন করুন।

French

Si vous souhaitez recevoir de l'aide avec vos traductions,
appelez le 0300 303 1771.

Somali

Wixii ah caawimo turjumaan ka soo wac Xarunta Adeegga
telefoonka 0300 303 1771.

Spanish

Si necesita que le ayudemos con alguna traducción, llámenos
al 0300 303 1771.

Turkish

Tercüme konusunda yardım için 0300 303 1683 'den Hizmet
Merkezi'ni arayın.



how to save it in your home
and money!

Produced by Southern Housing Group in association with young residents



This booklet is printed on recycled paper.

Energy! How to save it in your home

has been produced for Southern Housing Group residents in response to requests for information from our resident survey. Simply follow the tips you find here and, as well as saving energy, you will also save money and help combat global warming!

The illustrations are provided by younger residents and their classmates at Baden Powell Primary School in Hackney, London. The children took part in a day of energy-saving workshops funded by the Group's charitable arm, Foundation Projects and set up and run by an International youth-led charity called Peace Child.

Students from year 6 were then guided by a professional illustrator from a company called Okai Collier in a separate workshop to produce drawings based on what they had learnt. As well as saving energy in the home, the drawings are a reflection of the children's views on the broader subject of climate change. We hope you enjoy the results!

The majority of the factual information has been taken from the Energy Saving Trust website. For further advice visit www.energysavingtrust.org.uk or call **0800 512 012** to talk to your local energy adviser free of charge.



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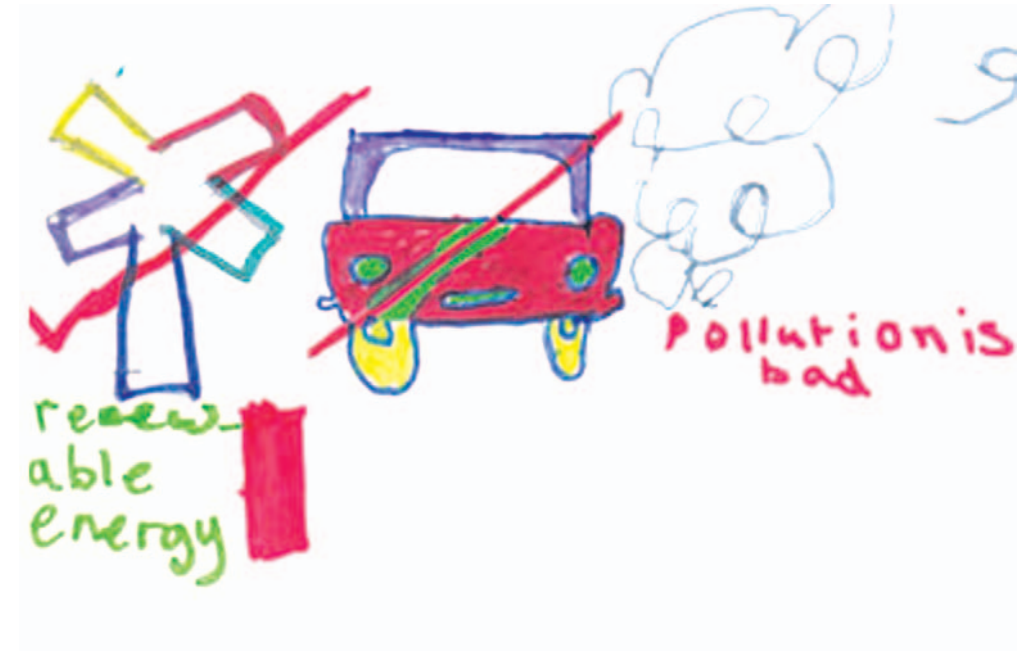
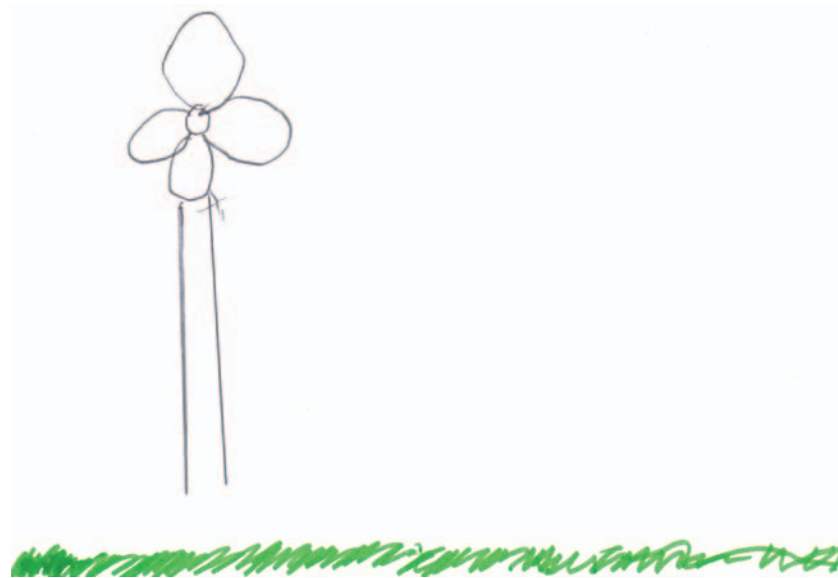
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Your home and global warming

Global warming is often mentioned in the news, but what is it?

The earth is surrounded by atmosphere which keeps it at a constant temperature. Certain gases released into the atmosphere make it work more like a blanket, trapping heat in. These are known as greenhouse gases.

There is evidence that the earth is heating faster than ever before because we produce too many of these harmful greenhouse gases. For example, the nine warmest summers in the UK since records began have occurred in the last ten years.



Carbon dioxide (CO₂) is the most harmful of the greenhouse gases, and almost half of the UK's CO₂ actually comes from the things we do every day. Surprisingly, we produce more of it in our homes than when we drive! In 2004, 24 per cent of the UK's total CO₂ emissions came from energy we use to heat, light and power our homes.

As well as saving the earth, it is estimated that the average household could also save £300 a year on energy bills by being more energy efficient. And as energy prices are rising all the time, this is going to be more important.

Read on to find out how...

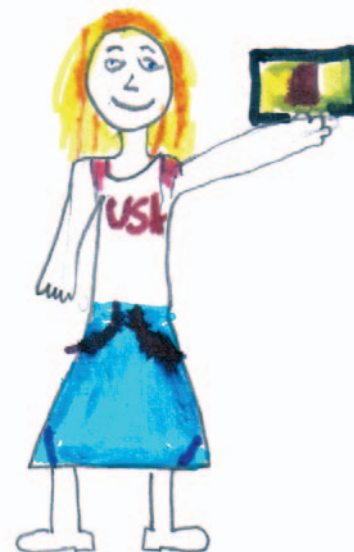
Heat your home for less

A few simple steps could result in your home costing less to heat, as well as producing less harmful CO₂ emissions.

- Turning your thermostat down by 1°C could save you £40 a year.
- Close your curtains at night and make sure they are tucked in behind the radiators to reduce the amount of heat escaping through your windows.
- Close windows when the heating is on – but remember to leave vents open to prevent condensation.
- Wear warm clothes when indoors during winter months.
- If you have gas central heating, use it for your hot water in summer and winter, as it is generally cheaper than using an electric immersion heater.
- Set heating controls so that your property is not heated when you are out for long periods of time.
- If you have adjustable radiator valves, turn them down (but not off) in rooms not in use.
- If you have a gas boiler, make sure it is serviced annually. An efficient boiler is a cheaper boiler to run!
- If you have a hot water tank, set the cylinder thermostat at 60°C/140°F. This is fine for bathing and washing and could save you up to £10 a year.

Estimated annual saving £40

You can get a FREE home energy check based on your home from the Energy Saving Trust online at www.energysavingtrust.org.uk. Once you have completed the short questionnaire, you can request a printed copy or print it yourself.

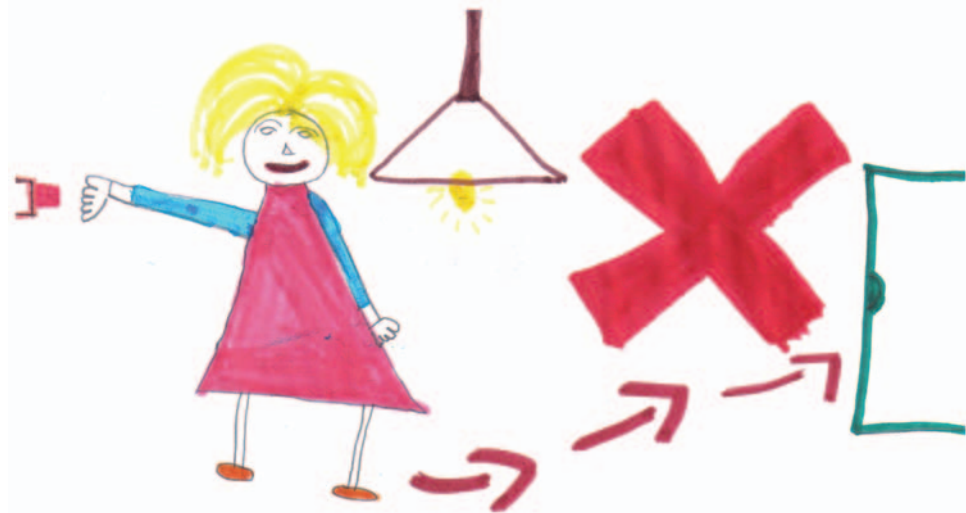


Lighten your bills when you light your home

In most homes, lighting accounts for around 10 to 15 percent of an electricity bill. If everyone in the UK installed one energy saving light bulb, we'd save enough harmful CO₂ to fill the Albert Hall nearly 2,000 times!

During its life, an energy saving bulb saves £60

- Energy saving light bulbs use up to 80 per cent less energy than normal light bulbs but are just as bright. Energy saving light bulbs are most effective in rooms where lights are left on for long periods of time.
- Switching from a standard bulb to an energy saving bulb can reduce your electricity bill by up to £7 a year.
- Remember to turn the lights off when you leave a room – no matter what kind of bulb you have, this can save you £7.50 a year.
- In the UK we waste £140m a year by leaving lights on unnecessarily.



Use your kettle to stop your bills boiling over

You can help save energy in many ways around the home... even when making yourself a cup of tea, coffee or soup! It's easy to use your kettle efficiently and save money.

Estimated annual saving £5

- Only put in as much water as you need when boiling the kettle but always cover the element.
- Remove limescale in your kettle by leaving in a cup full of vinegar overnight. Kettle elements coated in lime scale use more energy. Remember to wash the vinegar out before the next use!
- Use the kettle for boiling water instead of heating a pan on the stove. This is more efficient and saves time.

More CO₂, the most common greenhouse gas, is produced in the home than by cars



Wash your way to savings

Washing and drying your clothes can be a costly business – but it needn't be. A few seconds of preparation could help you save energy and money when you do your laundry.

- Modern washing powders and liquids work just as well at lower temperatures.
- Run the washing machine with full loads.
- Use the economy setting for half loads.
- Let clothes dry naturally if possible and give your dryer a break.

Use over a third less electricity by washing at 30°



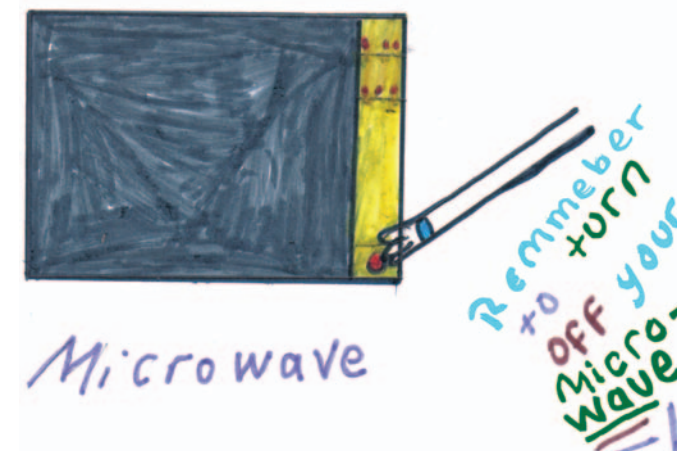
How important is it to mend dripping taps? Well, if you leave a tap dripping it will produce enough water to fill half a bath every week.

Say goodbye to standby!

How many of us leave appliances plugged in all the time? If chargers for devices such as mobile phones, laptops and MP3 players were unplugged when not in use, the UK could save enough electricity each year to power 115,000 homes!

- Almost a billion pounds worth of electricity is wasted in the UK every year by people leaving appliances on standby.
- Don't leave appliances on standby or on charge unnecessarily. Once they are fully charged or not in use switch them off.

Estimated annual saving £40



A fresh approach to saving water

Here in the UK, the use of water is becoming a really important issue. Did you know that south east England is drier than Spain or Greece, based on water per person available? As our weather has become warmer, our underground reserves of water have started to dry up. It's now important that we learn to respect the way in which we use water every day.

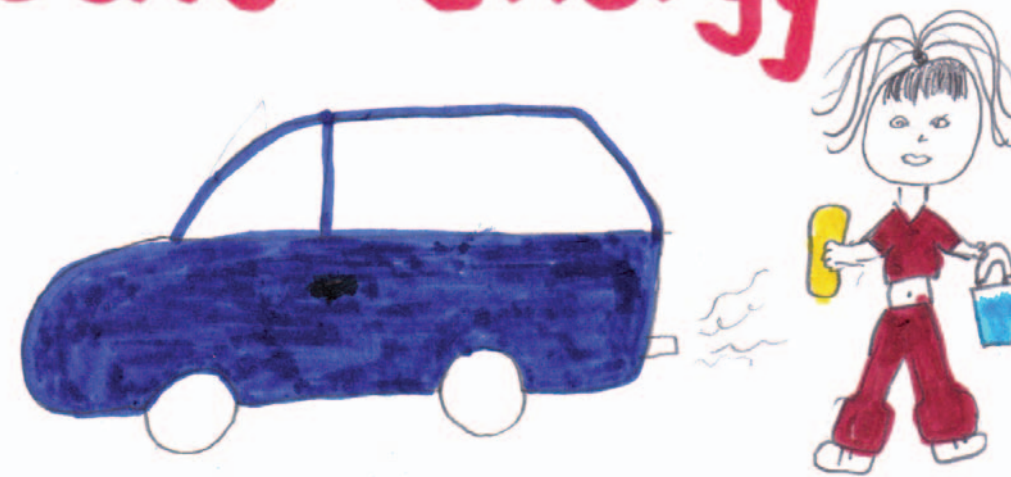
- If your toilet has a dual flush use the low flush where possible. If it doesn't, use a water displacement device (a plastic bottle filled with water will do). You could save as much as 2,000 litres per person per year.
- Turn off the tap when you brush your teeth.
- If you have a water butt in your garden to collect rainwater, use it for washing your car and watering your plants in the evening to prevent evaporation. To invest in a water butt, contact your water supplier.

A dripping tap can lose 105 litres of water a week, which could cost you £18



- Taking a five minute shower uses 60 per cent less water than bathing but power showers can use as much as a bath!

Save energy



Wash your car by hand it saves water

Using a bucket each time you wash your car, instead of a hose pipe, can save you more than 300 litres of water.

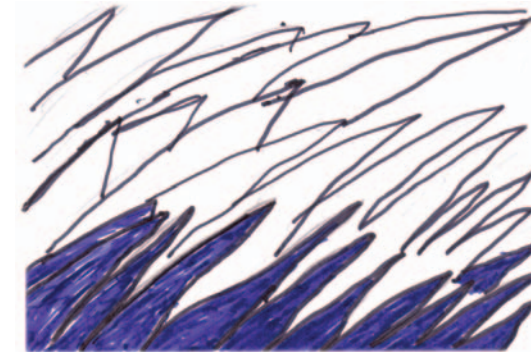
Your fridge and freezer - cool ways to save

If you don't look after your fridge and freezer with regular maintenance, they can begin to work less efficiently, using more energy and become more costly to run. Just a little regular care can result in savings.

- Keep your fridge/freezer at the correct temperature. This is 2°C to 3°C for a fridge and -15°C for a freezer.
- Make sure the door seal works properly. If your fridge builds up frost too quickly then the door seal could be faulty.
- Allow air to circulate behind your fridge and clear 'fuzz' off the piping at the back.

A freezer has to work up to twice as hard if it is not defrosted

- Don't leave the door open for longer than necessary as cold air escapes. Each minute the door is open takes three minutes of energy to cool down again.
- If your fridge or freezer is not full then putting newspaper and carrier bags in the gaps saves money by reducing the air space needed to keep cool.



If everyone in the UK put an insulation jacket on their hot water cylinder, we'd save enough greenhouse gas emissions to fill about 134,000 hot air balloons!

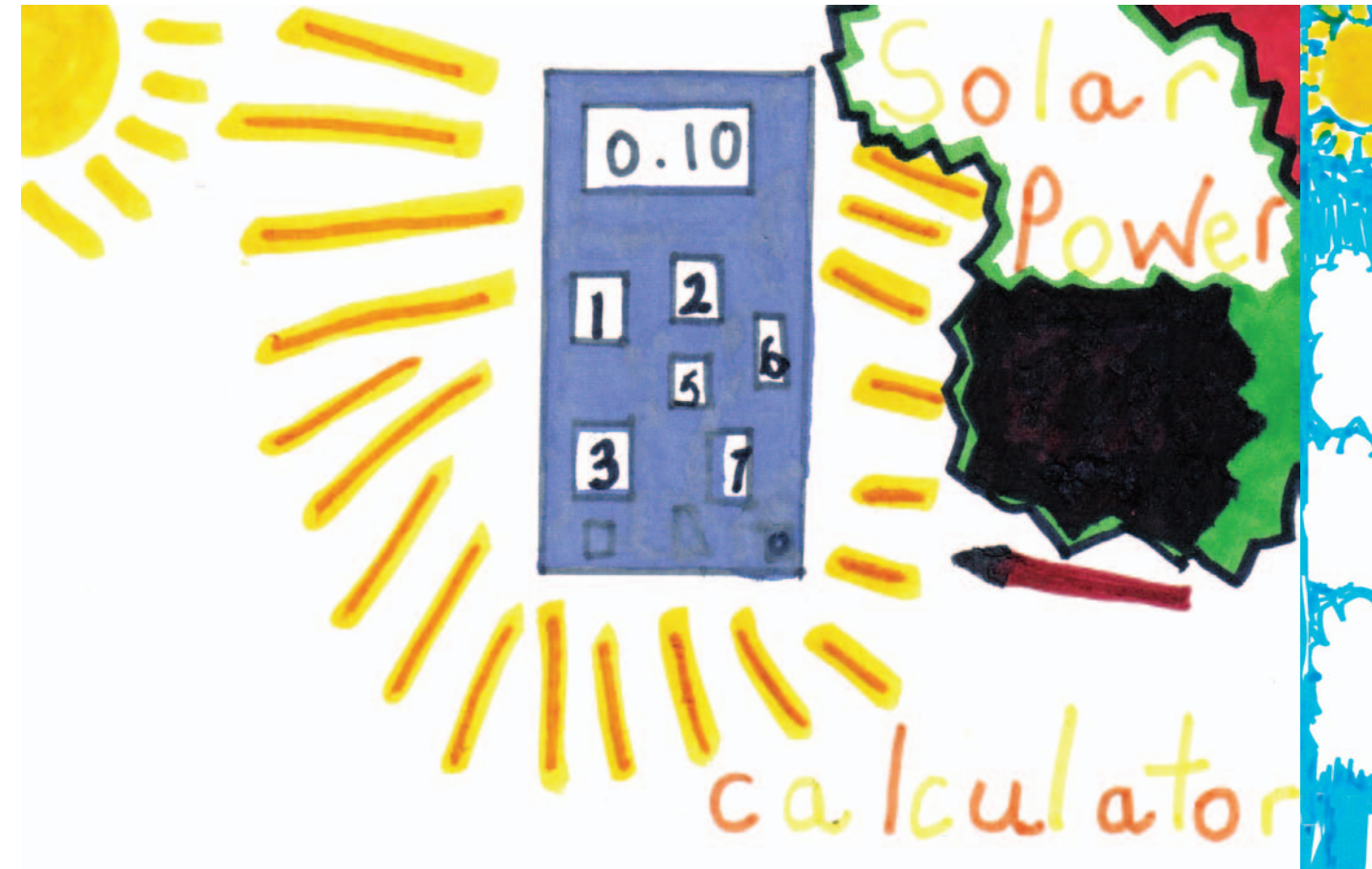
Look for the logo and lower your bills

An easy way to ensure you save energy when you buy new appliances is to look for the energy saving recommended logo. You'll find it on a wide range of products.



- The EU energy label rates products from A* (the most efficient/least energy used), down to G (the least efficient/most energy used).
- By law, the label must be shown on all refrigeration and laundry appliances, dishwashers, electric ovens and light bulb packaging.
- An energy saving washing machine needs two-thirds of the energy of an old, inefficient model.
- An 'A rated' washing machine will cost less than seven pence worth of electricity per cycle and save on the amount of water used.

Appliance	EU energy rating	Saving/year (up to)
Fridge freezer	A+ or A++	£45
Upright/Chest Freezer	A+ or A++	£35
Refrigerator	A+ or A++	£20
Washing machine	A	£10
Dishwasher	A	£20



Thankyou!

Foundation Projects would like to say a special thanks to everyone who worked so hard on this project, especially Peace Child, without whose expertise and enthusiasm it would not have been possible.

Students: Aaliyah Lewis Dillon. Ofure Alli, Jesicaa Auk. Maite Bikenge. Adeel Butt, Charlie Waite, Uriah Higgins, Khiro Hamilton, Aminat Abdul-Kareem, Dionne Fordjour, Harry Daren. Lauren Ault, Esther Lamboi, Romario Daniels. Shani Glover, Akil Barry, Brandon Fletcher James. Nasneen Bhayat. Sadie Willer-Smith, Jeanta Thompson. Fern Healy, Stephen Majekodunmi,

Troy Fletcher James. Anna Nguyen. Rashaan Jackson, Halle Alleyne, Dominique Aggrey, Jonathan Nassor, Halimah Creary, Deborah Fakanlu, Aniska Morray. **Teaching staff:** Rosana Baptiste, Nicola Wilson and Liz Lochrie. **Deputy Head Teacher:** Sue Waite. **Peace Child staff:** Rosey Simonds, Tanya Mobray, Preetam Alex.

For further advice on any of the energy saving tips in this brochure, please visit www.energysavingtrust.org.uk or call **0800 512012** for free advice from your local energy adviser. To find out more about the work of Peace Child please visit www.peacechild.org

