



# SUSTAINABLE LIVING

*- steps to reducing your carbon footprint*

## USEFUL WEBSITES & CONTACTS

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There are many ways where we can individually make a contribution to reducing our impact on the environment. Not only are they environmentally friendly but can also save you money. This leaflet sets out some easy to do ideas and useful contact details to help you help the environment.

Call the Energy Saving Trust Advice Centre on 0300 123 1234 for impartial advice on all domestic energy enquiries, and find out about grants that may be available to you. Their website gives hints and tips on how to save energy and money – you can also carry out a Home Energy Check:

[www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

Local charity the Environment Centre (tEC) also run an advice and referral service, if you want more information call 0800 804 8601 or visit:

[www.environmentcentre.com](http://www.environmentcentre.com)

Considering installing renewable energy technologies. Through the Feed in Tariff you may be eligible for payments for generating renewable electricity (e.g. using solar photovoltaic panels). The Renewable Heat Premium Payment Scheme may also be able to help with the cost of heat generating renewables. For more information visit:

[www.energysavingtrust.org.uk/Generating-energy/Getting-money-back](http://www.energysavingtrust.org.uk/Generating-energy/Getting-money-back)

Why not find out about the Green Deal Scheme, which is designed to help with the costs of energy saving improvements. More information is available at: [www.gov.uk/greendeal](http://www.gov.uk/greendeal)

Look at the Council's website [www.testvalley.gov.uk](http://www.testvalley.gov.uk) which contains a wealth of information on where to find out more about energy efficiency and renewable energy, biodiversity and how to get involved in nature conservation activities, recycling opportunities and Fairtrade within the Borough.





# TOP TIPS

## Turning your thermostat down.

Reducing your room temperature by 1°C could cut your heating bills by up to 10% and typically saves around £55 per year. If you have a programmer, set your heating and hot water to come on only when required rather than all the time.

**Closing your curtains at dusk** to stop heat escaping through the windows and check for draughts around windows and doors.

A dripping tap can waste 5,000 litres of water a year so **check that your taps are properly turned off** and change washers when taps start dripping.

A dripping hot water tap wastes energy as well as water and in one week could be enough to fill half a bath.

A roof collects tens of thousands of litres of water each year. **Invest in a water butt** and use the water in your garden or for houseplants and to wash your car.

**Smarter driving** can save you the equivalent of about one month's worth of fuel a year. Think about how you drive, changing gear at the right time, avoid unnecessary braking by anticipating the traffic ahead, and check your tyre pressure – under inflated tyres can increase fuel consumption.

**Think about using an energy monitor to see where energy is used in your home.**



## DID YOU KNOW?



About a quarter of all the clean, drinkable water we use in our homes is flushed down a toilet. If you're about to change yours consider buying a water efficient toilet or one with a dual flush. With existing toilets you can put a hippo or other displacement device into the cistern to save some water. For more advice visit: [www.environment-agency.gov.uk/homeandleisure/beinggreen](http://www.environment-agency.gov.uk/homeandleisure/beinggreen)

Recycling just one plastic bottle saves enough energy to power a 60W light bulb for six hours.

Recycling one glass bottle saves enough energy to power a computer for 25 minutes. To find out more about what you can recycle, visit [www.testvalley.gov.uk](http://www.testvalley.gov.uk).