

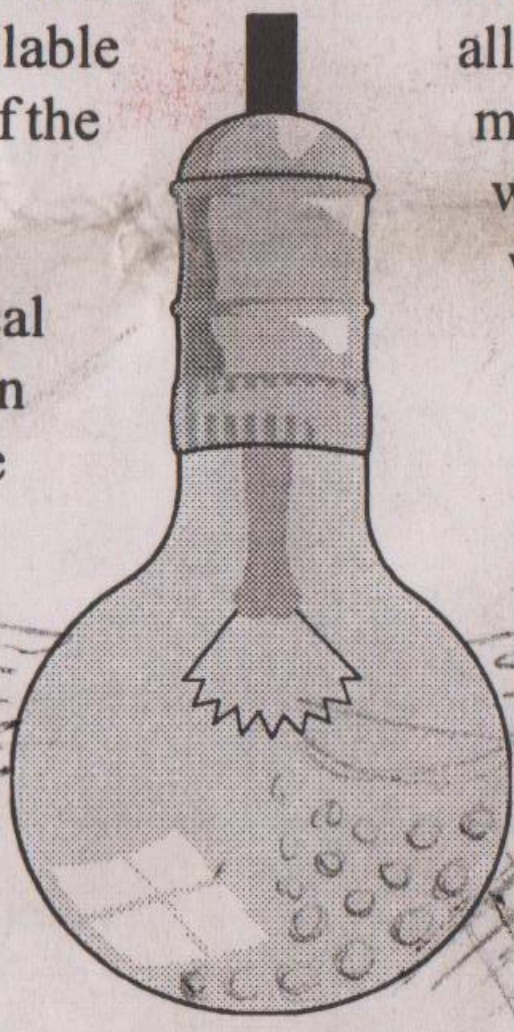
RICHARD RSV/15W 1. MAR 11:30

ENERGY EFFICIENCY

HEES FIGHTING FUEL POVERTY

The Home Energy Efficiency Scheme (HEES) is the Government's grant system for low income households. The grant covers loft insulation, draught proofing and energy advice and is available to anyone in receipt of Income Support, Housing Benefit, Council Tax Benefit, Family Credit, Disability Working Allowance, or Disability Living Allowance. The scheme is also available to anyone aged 60 or over. There is a maximum grant level available but it will normally cover the full cost of the work.

N.E.G. Insulations Limited is a local company based in Radford and an appointed Network Installer for the Nottingham City and Rushcliffe Borough Council areas. Gary Henson (Managing Director) recently visited Mrs Williams - a client who has had work completed under HEES to carry out a short interview.



ENERGY EFFICIENCY - OFFICE MACHINES

Much has been made in recent years of the need to reduce energy usage in offices. Consequently, energy efficiency drives have focused largely on lighting and heating issues, although much still remains to be improved upon.

Now a new challenge faces us - reducing energy consumption driven by the ever burgeoning use of electrical equipment used in the modern office. Growth in computers, printers and photocopiers has been massive in the last decade. This trend is set to continue as work practices become ever more refined, and equipment costs are driven down by the mass market.

We can all help to reduce energy consumption with the resultant benefit to the environment by taking the following actions:

COMPUTERS - When purchasing a PC obtain the manufacturers average power demand figure

Gary asked Mrs Williams how she heard about the grants. 'A friend at the lunch club I attend had received a leaflet from the local Housing Office, and I was telling her about the draught from my front door - she told me about the grant and said I should apply. I was very surprised when the young woman who took my details arranged for a surveyor to call the following week - he explained about the grant, checked all my doors and windows and then checked my loft. He then worked out how much it would cost to complete the work. Even with loft insulation and draught proofing it still wouldn't cost me a penny'.

Gary then asked if it took a long time to get the work done. 'No, they made an appointment for later that week, and they were only here about 2 1/2 hours'.

'What work did you have done under the grant?' 'They draught proofed

my windows and doors then topped up the insulation in the loft.'

'Was there a lot of paperwork to fill in?' 'All I had to do was sign the forms, the rest of the form was completed by the surveyor'.

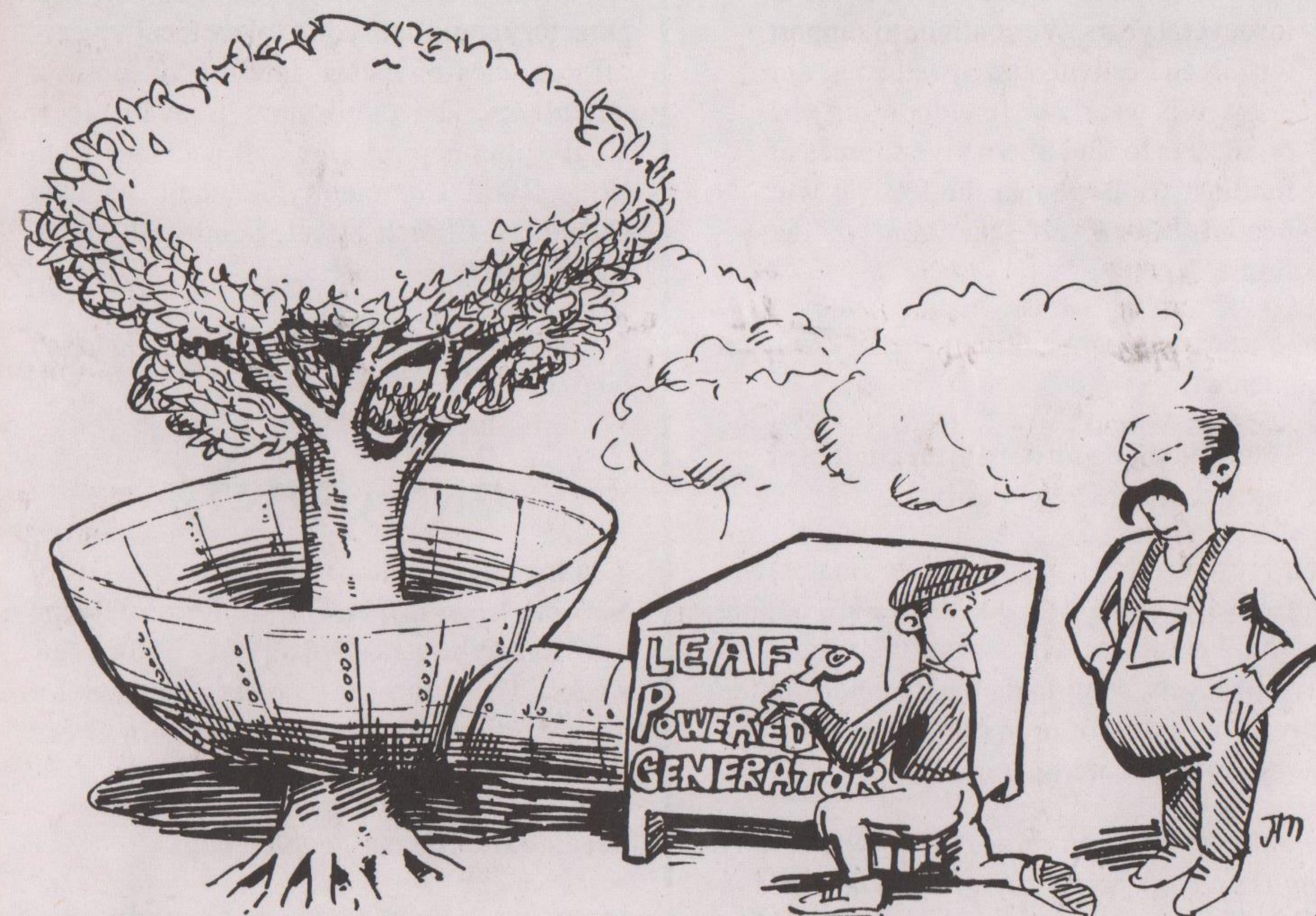
'Have you noticed the difference since the work was completed?' 'Yes, I used to feel a draught around my legs in the living room, that's gone and now I get warmer a lot quicker. I'm sure it's going to save me money on my winter gas bill because I only need to have the fire on its lowest setting to get warm now. I couldn't believe that this was available free from the Government. It's really made a big difference!'

For more information contact N.E.G. Insulations Limited on 978 0389.



3:35 →

GREEN NETWORK NEWS



IT'S AN EVERGREEN!

HOCKERTON HOUSING PROJECT

The Hockerton Housing Project will be the UK's first earth sheltered, self-sufficient ecological housing development, to be built and managed by Hockerton Housing Co-operative. The residents of the five houses will generate their own clean energy, harvest their own water and recycle waste materials. The families involved are ordinary people who wanted to show that we can live and work in harmony with our environment, without compromising modern comforts and amenities. The development will also work out cheaper than 'conventional' houses and land of similar size!

The houses were designed by 'green' architects, Robert and Brenda Vale, and will be built to a terrace design on part of a 25 acre site. Planning permission for the development has been approved by Newark and Sherwood District Council (subject to a '106 agreement' about the long-term use of the land). The Co-operative are hoping to start building in the next few months, and have most of the work completed within a year.

The houses will be earth-sheltered - covered with a minimum of 40cm of soil on the roof and sides, and will not need any space heating as they will be highly insulated. Electrical energy will be met from renewable, non-polluting sources (such as a wind turbine and solar panels).

Water heating will mainly be provided by surplus energy generated on site by the wind turbine (planning application not yet approved) and a highly efficient heat pump. Water for the occupants will be collected from the site, drinking water being filtered and pumped to drinking taps. All waste water from the project will flow into a small integrated pump/maceration station, and a reed bed sewage treatment system.

The Hockerton Co-operative would like to thank all of those people who signed letters of support at the Green Festival for the second Wind Turbine planning application, which is being considered by Newark & Sherwood District Council.

For more information contact Mile & Penney Poyzer on 01636 814324. This article is based on a booklet produced by the Hockerton Housing Project.

Green Network News is a monthly publication aiming to share information and build links between all individuals and organisations in the Nottingham and South Notts area with an interest in the environment.

DIRECTORY OF SUSTAINABLE ENERGY

The Energy Sub Group of the Nottingham Green Partnership is comprised of representatives from the voluntary sector, business organisations and local government, and aims to promote energy conservation.

Although many on the Group are experts in their own fields, it was appreciated that it often proved a daunting task for newcomers into energy conservation to expand on an initial interest.

There was little concise information available and what was readily at hand tended to be technical in detail and specific to a certain area of

energy usage or generation. For this reason the group decided to attempt to develop a directory.

From these initial thoughts the working draft of D.O.S.E. (the Directory Of Sustainable Energy) has come into being. The directory has the very broad aim of informing groups and individuals about where energy is consumed, how alternative forms of energy may be generated, areas of conservation, and where they can make further contacts.

It is proposed that D.O.S.E. will be available to be launched early next year. If you would like to

computers off frequently can reduce their life-span.

PRINTERS - Average power demand figures also apply to laser and dot matrix printers. Likewise some printers have the Energy Star or similar feature. Inkjet printers use less energy than laser printers, but print quality and possible higher running costs need to be taken into account.

PHOTOCOPIERS - Most photocopiers now have an energy saving facility that powers down the machine when not in use. It is preferable to have this as an automatic feature as users will often forget to press a button on non-auto models. Again, check the average power demand with the supplier to establish the true average wattage use.

Martin Pain of Green Office. For further details call 949 7458.

receive a copy then please contact me. Equally, if you are interested in joining the Energy Sub Group we are always looking to extend our membership and would be pleased to hear from you.

Contact me at Nottingham City Council, Housing Department, Exchange Buildings (South), Nottingham, NG1 2HU, or call 935 0833.

Alan Allsopp (Chair of the Green Partnership Energy Sub Group)

FREE!

No. 44 November 1995

Inside ...

- Butterfly Garden
- Sharing Information
- Energy Efficiency

GREEN EVENTS

A Funding Seminar for Environmental Groups is being held on 9th November, from 6-8pm at the YMCA, Shakespeare Street (cost £5). Contact Lynn Thompson at Nottingham CVS on 947 6714.

BTCV's Autumn Programme of practical conservation projects is now available, and includes activities such as opening up a wetland glade in Nottingham's Balloon Woods, and creating new habitats on the Southwell Trail. No experience is needed to take part. Contact Kate at BTCV on 931 3316.

The Family First Furniture Service collects unwanted furniture for re-use by families and individuals in need. The Service is holding Open Days on December 5th, 6th and 7th for representatives of organisations which refer clients to the Service, to find out more about new referral procedures. Call Patrick Gunn on 950 7295.

B.R.A.V.E. CAMPAIGN

Green Network would like to apologise for the error in the article in the September issue describing Beeston Residents Against Vandalism of the Environment (BRAVE). The article stated that the organisation was formed to oppose the Ruddington by-pass option for changes to the A453. BRAVE was actually formed to oppose the Beeston Rylands by-pass option.

The organisation was set up following the announcement of plans to investigate ways to improve road conditions on the A453 from Clifton to Nottingham, with three different options - to improve the existing road, to build a by-pass via Beeston Rylands, or a by-pass via the Ruddington area.

If you are able to support BRAVE in any way, contact K Roberts (Secretary), 4 Canal Side, Beeston Rylands, Nottingham NG9 1NG.

Adam Woodward (Green Network Co-ordinator)

GREEN FESTIVAL '95

This year's Nottingham Green Festival took place on September 3rd on Victoria Embankment, and was a big success, with thousands of visitors enjoying the day.

More than 120 organisations (including Green Network) held stalls at the event, helping them to gain new supporters and to raise awareness about a range of issues.

The organisers of the Green Festival were pleased that the event is continuing to be so popular with local people, but they are also concerned about funding difficulties.

The County Council have provided grants of £2,000 for several years, but this year reduced the grant to £1,000. The County Council will not be funding the festival next year.

The City Council have in the past provided grants of £1,000 for the festival, which was reduced this year to £700.

Andy Rothery (Environment Assistant at Notts County Council) commented that:

'Green Grants aims to enable groups to initiate new projects, and we have given maximum grants to the Green Festival for several years. We continue to support the Green Festival, and by reducing our grant this year and encouraging the organisers to find alternative sources of funding, we hope that the festival will become more self-sustaining in the future'.

A spokesperson from Nottingham City Council commented:

'We are looking forward to the continued success of the Green Festival'.

John Truscott (Green Festival Co-ordinator) and the festival's organising committee are hoping that the 2 council's will restore their grants to previous levels, continuing their support for the festival - as a way of promoting environmental awareness in an entertaining setting.

For more information about the Festival contact John Truscott (Green Festival Co-ordinator) on 958 2369.

THE ANIMAL DETECTIVES

The Environmental Investigation Agency (EIA) is an independent, non-profit making organisation fighting to protect endangered wildlife and the natural world.

We have built up a reputation for our in-depth research and daring undercover investigations, which are used to collect film and information from across the world.

One way of supporting the EIA is to get involved in the Nottingham group, relaunched on 1st November with a talk about the work of the organisation (details are in the Nottingham Green Calendar).

Working closely with governments, enforcement agencies and other organisations, EIA mobilises international conventions, law, media and public action to protect wildlife and the natural world.

Our achievements so far include the world's first international ban on the trade of ivory and elephant products, and convincing the US government to introduce punitive trade sanctions on Taiwan for its role in the illegal trade in rhino horn.

Most recently, following EIA's exposé of the turtle trade in Sri Lanka, the governments of Sri Lanka and the Maldives responded by reinforcing total bans on the sale of any turtle products. We are now concentrating on two new campaigns, to protect bears from being killed for their galls, and to seek a Global Forests Convention to protect all forests.

The local groups network plays an important role in supporting the work of the EIA, through fund-raising and raising public awareness.

For more information about the Nottingham group contact Lesley Peasant on 01509 235885.

GREEN NETWORK AGM

This year's AGM was very successful, with 37 people getting together to share ideas and discuss plans for the future of the Network. The event took place in the County Library on October 5th, and attracted people from a wide range of local organisations, including voluntary groups, local authorities and businesses.

The meeting included presentations from representatives of GPT Beeston and Playworks,

which led to some very interesting discussions. The AGM was also used as a way of finding out what people's priorities are for the Network's future activities, as well as collecting ideas for news and features in Green Network News. This information is being used to put together a plan of action for the next 12 months - look out for details in the December issue.

Adam Woodward (Green Network Co-ordinator)

RURAL PUBLICITY

The Nottinghamshire Directory of Village Newsletters has recently been published by the Notts Rural Community Council. The Directory could help you to place local adverts, offer articles of special interest, or look for volunteers. The publication is available at £2.50 (plus 60p postage and packing) from Notts Rural Community Council, Minster Chambers, Church Street, Southwell, Notts, NG25 0HD.

For more information contact Marilyn Tippet on 01636 815267.

GNN UPDATE

You may have noticed the absence of Green Network News in October - unfortunately the issue had to be cancelled as I was ill for a few weeks. These are the subjects planned for feature articles in the next 2 issues of Green Network News:

December: Young People Focus.

January: Being Green on a Low Income.

If anyone has ideas about possible subjects for GNN to cover in the future, any suggestions would be welcome.

If you would like to write a feature article, or you have a photo that could be used, please let me know. Articles are usually needed around one month in advance of publication, and can be sent on paper or 3.5 inch disk (pc format). We will also be looking for stories about any current events or issues each month; please write or phone if you would like to contribute.

Contact me on 941 7849, or write to me at -

Green Network
c/o The Rainbow Centre
182 Mansfield Road
Nottingham
NG1 3HW

Adam Woodward (GN Co-ordinator)

INSTANT INFORMATION

Do you need information about Transport Campaigns or Energy Conservation, or are you looking for a 'green' speaker? Green Network has a variety of free and up to date information about organisations involved in the environment in Greater Nottingham and South Notts. The database (of nearly 160 organisations) can also be purchased on Computer Disc for £5.

Contact Adam Woodward on 941 7849.

TRAVELOG

Travelog is a week long transport survey for young people organised by the Young Ornithologists Club (YOC), from 26 November - 2 December this year.

The survey will aim to find out what factors prevent people from using public transport, cycling or walking. This will be done through an audit of the family's travel habits, and a questionnaire to discover how they see the future. You do not need to be a member of YOC to take part.

With hundreds of wildlife sites threatened by new roads and quarries, and one child in seven suffering from asthma, the time has never been better for this type of project.

Full details are in the project pack, available from:

YOC Travelog,
The Lodge,
Sandy,
Bedfordshire,
SG19 2DL.

GREEN PUBLICATIONS

'Cycling in Nottinghamshire' includes 36 routes in the whole county, ranging from 4 to 32 miles in length. Pictures, sketch maps and local information are included.

The guide is available from bookshops at £7.95, or from Sigma Leisure, 1 South Oak Lane, Wilmslow, Cheshire, SK9 6AR (phone 01625 531 035).

'Crazy Idealists: the C.A.T. Story' has been published as part of the 20th birthday celebrations of the Centre for Alternative Technology in Wales. The 48 page book describing the history of the first 20 years of the centre is available at £2.50. The half-hour video version is priced at £9.99.

The book and video can be ordered from C.A.T. Mail Order (01654 703409).

A new guide to jobs in the green movement is now available from the Centre for Alternative Technology. The book covers a wide range of fields such as architecture, building, development, environmental education, organic growing, recycling and waste disposal, as well as covering co-operatives, self-employment, volunteering and research. Environmental courses, publications and contact organisations are also included.

Careers and Courses in Sustainable Technologies is available from C.A.T. Mail Order (01654 703409) for £6.95 including p&p, or from bookshops. (ISBN 1 898048 15 7)

BUTTERFLY GARDEN

The Wollaton Park sub-group of Nottingham Friends of the Earth (FoE) are hoping to create a butterfly paddock and nature area that will also act as a garden of remembrance for mothers and families who have suffered the loss of a baby.

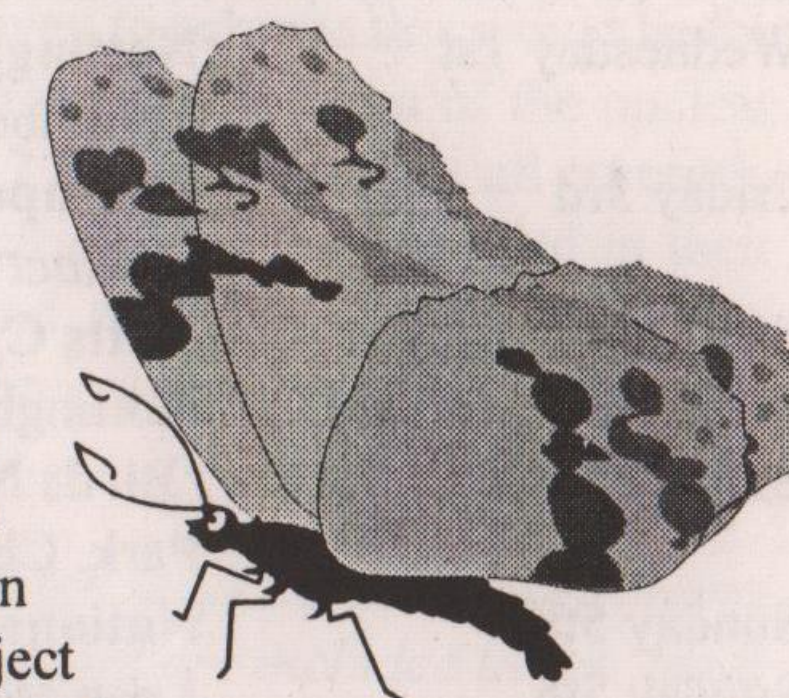
The project seeks to bring together the aims of encouraging the development of butterfly colonies, whilst helping with the pastoral needs of those who grieve the loss of a baby.

Marina Kennedy of FoE commented:

'Many of those who have lost a baby feel immense grief. The garden of remembrance will allow mothers and families a place for reflection and space to grieve, whilst at the same time addressing an environmental concern'.

A great deal of local interest has already been shown in the project, and Nottingham City

Council are now drawing up plans for the garden as part of a new development in Wollaton Park. The project is still at an early stage, but if anyone would like to help with donations, this would be welcome.



For more information contact Marina Kennedy, 108 Harrow Road, Wollaton Park, Nottingham NG8 1FN, or call her on 985 4077. This item is based on extracts from the Nottingham Churches Environment Network and Wollaton Park FoE newsletters.

SHARING INFORMATION

Green Network has put together a set of free information leaflets with details of local organisations offering information and advice. They cover 7 different issues - Funding, Managing Groups, Publicity, Technical Support, Training, Venues and Volunteers.

An example from the Managing Groups leaflet is Erewash Groundwork Trust, which can share experience of helping to set up community groups. BTCV run training courses on Practical Conservation skills and other areas, such as working with the media. Technical support

includes low cost printing at 118 Workshop, and computer resources and advice from CODA.

Those organisations that expressed an interest in any of these issues when completing their Green Network database questionnaires will be sent the appropriate leaflets automatically. If any other organisations are interested in receiving any of the free leaflets, just let me know.

Contact Adam Woodward at Green Network, c/o Rainbow Centre, 182 Mansfield Road, Nottingham, NG1 3HW, or call 941 7849.

CITY TRANSPORT UPDATE

Nottingham City Council is keen to encourage and adopt more sustainable forms of transport, and is involved in a number of projects to try to achieve this. One of these projects is a Green Commuter Plan, which the Council is hoping to adopt in the near future. The proposed plan aims to encourage employees to reduce car use and increase their use of more sustainable methods of transport - including public transport, cycling and walking. Targets for this change will be established following an initial travel survey.

Discounted staff travel cards have already been introduced and progress is being made on cycling improvements, and some travel budgets have already been altered in favour of sustainable methods of transport.

A Green Commuter Plan kit is being prepared for other organisations to use. This will outline measures which can be used to decrease car use

and encourage other forms of transport, and give advice on how to review and monitor plans. Useful contact names and telephone numbers are also included.

The City Council is currently involved in setting up one of the four demonstration projects for the European 'MOSAIC' (Mobility Strategy Applications in the Community) research project. MOSAIC aims to look at new ways of managing transport, including the efficient use of existing infrastructure, and reductions in the need for increased freight and passenger capacity. The Council is also a member of the Car Free Cities Club - a group of European Local Authorities which meet to exchange information and initiatives for reducing car use.

Dawn Alvey, Nottingham City Council City Centre and Transportation Team. For more information call 948 3500 ext 5493.

THE NOTTINGHAM GREEN CALENDAR

NOVEMBER 1995

- Tue, Wed, Thu, Sun's
Sun's (& other days)
Wednesday 1st
Friday 3rd
Saturday 4th
Sunday 5th
Sunday 5th
Sunday 5th
Monday 6th
Tuesday 7th
Tuesday 7th
Tuesday 7th
Wednesday 8th
Thursday 9th
Thursday 9th
Thursday 9th
Weekend 10th-12th
Monday 13th
Thursday 16th
Weekend 17th-19th
Monday 20th
Monday 20th
Monday 20th
Tuesday 21st
Wednesday 22nd
Friday 24th
Saturday 25th
Sunday 26th
Monday 27th
Tuesday 28th
- British Trust for Conservation Volunteers (BTCV)** activities: a variety of practical tasks. Call 931 3316.
Notts Wildlife Trust conservation activities at wildlife reserves around the county. Contact Erin McDaid on 958 8242.
Nottingham EIA group re-launch event, with unique video footage. 8pm at John Slater House, Wards End, Loughborough. Contact Lesley Peasant on 01509 235885.
Greenpeace Youth Group meeting. 7.30pm at Nottingham Trent University library, Shakespeare St. Contact Megan MacFarlane on 921 2246 to confirm date and venue.
Notts Cyclists' Touring Club Beginners Section ride to Southwell - all welcome. Meet at 11am, at Arnot Hill Park, Nottingham Road, Arnold. Contact Graham Lansdell on 986 0299 for details.
'Birds Need Friends' - a short walk and guide to how you can help birds in Winter. 10am-12noon in Bestwood Country Park. Charge 50p. Meet at Alexandra Lodges. Call 967 0042 for more information.
National Trust Volunteer Group activity, at Hardwick Hall. Contact Gale Harvey on 922 0219.
Leen Valley Conservation Volunteers meeting. 10.30am at Rise Park Community Centre. Phone 975 6376 for details.
Greenpeace Support Group meeting at the Narrowboat Pub, Canal Street. Contact David Meatcher on 925 7186.
Green Network News Editorial Meeting - all welcome. 3pm at Lawrence House, Talbot Street. Phone 941 7849 for details.
Oxfam Campaigning Group meeting. 7.30pm at Nottingham County Library, Angel Row. Contact David Eminson at the Oxfam Campaigns office on 942 3892.
NOGS (Nottingham Organic Gardeners) meeting. Contact Mike Poyzer on 01636 814324 after 6.30pm.
'Changing Travel Behaviour' conference, organised by The University of Nottingham and Notts County Council. Fee £90, or £50 for voluntary groups. Contact the CPD Secretary on 951 4883.
Funding Seminar for Environmental Groups, from 6-8pm at the YMCA, Shakespeare Street (cost £5). Contact Lynn Thompson at Nottingham CVS on 947 6714.
Friends of the Earth meeting, & **'Wildlife Treasures in Your Back Yard'** talk by Ian Grimwood of Gedling Borough Wildlife Group. 7.30pm at Nottingham County Library, Angel Row. Contact Tim Gray on 922 3439.
National Trust Volunteer Group activity, at Clent Hills, with Manchester NT. Contact Brenden Hill on 0121 354 1370.
Nottingham Permaculture Association meeting. Contact Phil Corbett on 947 4977.
Notts Transport 2000 meeting. 7.30pm at the Tom Hoskins pub, near Nottingham BR Station. Phone Ron Gillott on 920 1238.
Coppicing by the Nottingham Canal, with BTCV. Cost £10, pickup from Nottingham BR Station at 8pm. Call 01132 742335 for booking details.
Notts Wildlife Trust (City) slide-show - **Nottingham wildlife sites**. 7.30pm at Browne Jacobson Solicitors, 44 Castle Gate. All Welcome. Call Notts Wildlife Trust on 958 8242.
Notts Wildlife Trust (Broxtowe) talk - **Wildlife of Wollaton Park**. 7.30pm at the Community Hall, Leyton Crescent, Beeston Rylands. Cost £1 (Senior Citizens free). All Welcome. Call Notts Wildlife Trust on 958 8242.
Pedals meeting. 7.30pm at the Trippe to Jerusalem (upstairs room), Brewhouse Yard/Castle Road. Contact Hugh McClintock on 981 6206.
Creation Spirituality Nottingham Group meeting - **Deep Ecology**. 7.30 at Sherwood Community Centre, Woodthorpe House, Mansfield Road. Contact Barbara Selwood on 925 0876.
Nottingham Women's Environmental Network meeting. 8pm at 5 Meynall Grove, Sherwood Rise, Nottingham. Call 960 5843 for details.
Critical Mass (now every 4th Friday) Cycle Ride to protest against traffic congestion. Meet in the Market Square at 5.15pm. Contact Box CTM, Rainbow Centre, 182 Mansfield Road, Nottingham, NG1 3HW.
Notts Cyclists' Touring Club Beginners Section ride to Costock - all welcome. Meet at 11am, at Wilford Toll Bridge. Contact Graham Lansdell on 986 0299 for details.
BTCV Conservation Training Event - **Making The Landscape**. A practical look at trees and hedgerows, including ecology, planning and maintaining schemes. Cost £5 Waged, £2.50 Unwaged. Call 931 3316 for details.
Nottingham World Development Movement (WDM) meeting. 7.30pm at the International Community Centre, 61B Mansfield Road. Contact Nick Osmond on 960 7797 for details.
Bulwell Environmental Group meeting. Crabtree Farm Estate Community Centre. Contact Diana Langley on 927 3813.

DECEMBER 1995

- Tue, Wed, Thu, Sun's
Sun's (& other days)
Monthly Meetings
Friday 1st
Sunday 3rd
Monday 4th
Tuesday 5th
Weekend 8th-10th
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NOGS (Nottingham Organic Gardeners) meeting. Contact Mike Poyzer on 01636 814324 after 6.30pm.
'War on Willows' by the Nottingham Canal, with BTCV. Cost £10, pickup from Nottingham BR Station at 8pm. Call 01132 742335 for booking details.

To be sure of receiving Green Network News every month, your name can be added to our mailing list.

These are the voluntary (optional) subscription rates for 1 year's issues; Individuals - £2.50, Groups - £5.00.

Greater Nottingham Green Network thanks Nottingham City Council and Nottinghamshire County Council for their support.

Opinions expressed herein are not necessarily those of other contributors, or of the Editorial Group.

Printed by Desa, on 'Cyclus' recycled paper made from 100% post-consumer waste.

ENERGY AWARENESS PROJECT

THE NOTTINGHAM ENERGY AWARENESS PROJECT

The Nottingham Energy Awareness Project (NEAP) was set up by the national energy efficiency charity NEA, in partnership with East Midlands Electricity and Nottingham City Council. The main aim of the project is to provide independent information and advice to householders about the efficient use of energy in the home, and thereby help to tackle fuel poverty, which is an enormous problem in Britain.

It has been estimated that some 8 million households in Britain cannot afford to heat their homes to comfortable, safe and healthy temperatures. A consequence of this is that the NHS spends some £1000 Million per year treating people with condensation and cold related illness, and the excess winter mortality rate is 40,000 - 50,000 people.

In addition, because heat in homes is often produced by inefficient heating systems in poorly insulated houses, the environmental implications are very serious in terms of global warming (through CO2 emissions), the production of other hazardous pollutants (such as NO and SO2), and the waste of non renewable fuel resources.

The only way therefore to tackle fuel poverty whilst protecting the environment is to increase the energy efficiency of the housing stock, and to educate people about the efficient use of energy in the home.

To do this would require a huge investment - particularly in the homes of low income householders.

However, one way to achieve this would be for the resources from the abolition of the nuclear levy (some £1.2 billion which we all currently pay in our electricity bills) to be used in their entirety to fund a major energy efficiency improvement programme. All this requires is political will.

Information about ways to make your home more energy efficient are included in the 'Ideas for Saving Energy' article, which contains information provided by the Nottingham Energy Awareness Project.

For more information contact Rob Howard at the Nottingham Energy Awareness Project, c/o Bestwood District Housing Office, Elmbridge, Bestwood Park, Nottingham NG5 5PF, or call 920 9528.

IDEAS FOR SAVING ENERGY (AND MONEY!)

There are numerous ways to make your home more energy efficient, some costing a few hundred pounds with others costing nothing at all. Here are a few suggestions:

The Home Energy Efficiency Scheme

If you are over 60 or receive a means-tested benefit, you may qualify for a government grant to cover the cost of having the three measures below done for you by an insulation specialist:

- * Make sure your loft is well insulated - ideally it should have 150-200mm (6-8") of insulation - annual saving £60-£70.
- * Put a good jacket on your hot water cylinder (preferably conforming to BS 5615: 1985) - annual saving £20-£30.
- * Draught proof your doors and windows, making sure you leave enough ventilation for fuel burning appliances (if in doubt get expert advice) - annual saving £10-£20.

Find out more about the Home Energy Efficiency Scheme by calling Freephone 0800 181 667.

Other Energy Saving Measures

- * More heat is lost through the walls of an average un-insulated house than through any other route, and can account for up to half the heat lost. Effective wall insulation can reduce this heat loss by up to two-thirds. If you have cavity walls, consider installing cavity wall insulation. Otherwise, if you are re-plastering, consider installing internal wall insulation (on the external walls) - annual saving £60-£70.

- * If your windows need replacing, install double glazing, otherwise consider fitting secondary glazing to your existing windows - annual saving £15-£25.

- * If your boiler is more than 10 years old, consider replacing it with a modern efficient model. A gas condensing boiler costs approximately £400 more than an ordinary boiler, but will pay for itself within 3-5 years - annual saving £100-£140.

- * To get the best out of your heating system it should be well controlled - so that it provides heat when you want it, where you want it and at the right temperature. A good central heating system should have a timer/



Children at a playscheme in Sherwood Community Centre with their 'Save Energy' collage, produced during a visit from the Nottingham Energy Awareness Project.

programmer, a room thermostat (set to 18-21°C), thermostatic radiator valves, and a hot water cylinder thermostat (set to 60°C). Adding these controls to your system could save £60-£100 annually.

Low Cost Ideas

There are many other measures which cost very little or nothing at all yet can also significantly reduce your fuel bills:

- * Close your curtains at dusk to keep heat from being lost through the windows - annual saving around £15.
- * Make sure your curtains have a good thermal lining and tuck them behind the radiators - better still fit shelves above radiators to help deflect the warm air into the room - annual saving £20-£25.
- * Fit aluminium foil or specialist reflector foil behind any radiators fitted against outside walls - annual saving £5-£25.
- * Use low energy light-bulbs, especially in rooms where the lights are on a lot - one low energy bulb over its life-span will save £45-£50.
- * Only put in the water that you need when boiling a kettle - annual saving £10-£15.
- * Choose the right size pan when cooking and keep the lid on - this will also help reduce condensation.
- * Turn lights off when you leave a room - but beware of leaving dark areas which might be dangerous for children or the elderly.

For more information contact Rob Howard on 920 9528.