



JANUARY



ENERGY SAVING TIPS

Electricity

The Energy Saving Trust (EST) estimates households could save around £55 a year by switching off all their devices when not in use. If something doesn't need to be on, then you should switch it off at the wall or unplug it. You need to make sure that the plug is at least accessible, so you can switch it off.

TVs - Only 40% of us turn off the TV at the end of the evening, it can typically cost around £24 a year in electricity. Standby is one of the main culprits for wasting energy, the EST say that if you have multiple television sets at home, this can really add up.

Even worse is leaving the TV on in the background. According to Uswitch, 42% of households in the UK leave the TV on for their pet for up to 4.6 hours a week! A cheaper method would be to play the radio for them, much more energy efficient than the TV.

British Gas say that about 60% of us leave our microwaves switched on ready to cook at a moment's notice. But you could be saving more than £16 a year by flicking the switch at the wall when not in use.

A good idea would be to switch all devices off at the plug socket when not in use, let's see how much electricity and money we can save.

Water

Are you Guilty of leaving the tap running while you're cleaning your teeth or turning the shower on five minutes early to warm up? Sustainable living wise, that's a no-no. Don't leave a tap running when not in use, it's wasteful, and water is a finite - not to mention scarce - resource we all need to survive.

Other water-saving tips include:

- Be mindful of how often you wash your clothes
- Don't throw water down the sink, use a bowl and if it's just water put it on the garden or in the Water butt for later garden use.
- **Conserve water** when using the toilet and send less volume to sewerage treatments by following the adage '*If it's yellow, let it mellow; if it's brown, flush it down*'. Try this at night when only the family is home.
Toilet flushing accounts for one-third of the 135 litres (30 gallons) of water used in UK households on a daily basis. An old-style loo can consume 14 litres (three gallons) in a single flush,
- In their favour, dishwashers are said to use three or four times less water than washing up by hand, but should only be run when fully loaded, on an eco setting and the waste food should be scraped into the green bin. Don't rinse plates under a running tap.

Clothes

If you have any Baby/Children's clothes that are in good condition – please wash them and hand them to church, we will be starting a clothing bank in the next few weeks.