



# Save energy, save money

Doing your bit for the environment and adopting a greener lifestyle can save you money too. This factsheet tells you how saving energy can cut your costs, starting with everyday adjustments you can make at home.

More information on all the topics covered here, plus links to other useful organisations, services and websites, can be found at [www.eastsussex.gov.uk/greenliving](http://www.eastsussex.gov.uk/greenliving)



## Top tips for saving

Did you know that leaving electrical appliances on standby could be costing your household £30 a year? Small changes can make a surprisingly big difference – here are some to try:

- Turn your thermostat down – reducing your room temperature by 1°C could cut your heating bills by up to 10 percent.
- Is your water too hot? Your cylinder thermostat should be set at 60°C/140°F.
- Close your curtains at dusk to stop heat escaping through the windows and check for draughts around doors.
- Always turn off the lights when you leave a room.
- Don't leave appliances on standby and don't leave laptops and mobile phones charging unnecessarily.
- One full load in a washing machine, tumble dryer or dishwasher uses less energy than two half loads.
- Only boil as much water as you need.
- Fix leaking taps and make sure they're fully turned off – a dripping hot water tap can waste enough water to fill half a bath every week.
- Use energy saving lightbulbs – they last up to 10 times longer than ordinary bulbs, and using one can save you around £40 over the lifetime of the bulb.

The Energy Saving Trust is a non-profit organisation providing free, impartial information on home improvement grants, energy efficient products, insulation and even how to generate your own energy. The Trust also offers free home energy checks – go to [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk) or call **0800 512 012** to speak to an adviser.

## Get a grant

If you are planning home improvements such as insulation, solar panels, a wind turbine or heat pump, you may be able to get some help with the cost.

Money, in the form of energy efficiency grants, is available from the Government, energy suppliers and local authorities (although some grants are only available to people who receive a disability or income-related benefit).

Contact the Energy Saving trust at [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk) (or call **0800 512 012**), or go to [www.direct.gov.uk](http://www.direct.gov.uk) and search under 'energy efficiency grants' to find out whether you are eligible for a grant or any special offers from suppliers.

District and Borough Councils are also working with the East Sussex Energy Partnership to provide many people with grants for free or discounted insulation and free or discounted renewable technologies – use the details below to contact the Partnership or your local council:

- East Sussex Energy Partnership – [www.eastsussexenergypartnership.org.uk](http://www.eastsussexenergypartnership.org.uk), freephone **0800 980 0901**.
- Eastbourne Borough Council – [www.eastbourne.gov.uk/housing/energy/grants](http://www.eastbourne.gov.uk/housing/energy/grants), telephone **01323 410000**
- Hastings Borough Council – [www.hastings.gov.uk/energy\\_efficiency](http://www.hastings.gov.uk/energy_efficiency), telephone **01424 451066**
- Lewes District Council – [www.lewes.gov.uk/environment](http://www.lewes.gov.uk/environment), telephone **01273 471600**
- Rother District Council – [www.rother.gov.uk](http://www.rother.gov.uk), telephone **01424 787000**
- Wealden District Council – [www.wealden.gov.uk/housing/Private\\_Housing/Home\\_Energy\\_Conservation](http://www.wealden.gov.uk/housing/Private_Housing/Home_Energy_Conservation), telephone **01323 443322**

## Boosting community projects

Community Environmental Action Grants of up to £500 are available for local community and school projects aimed at helping the environment – be it planting trees or promoting recycling, composting or energy efficiency.

Grants have already helped Hailsham Allotment Association to build new communal compost bins and the Transition Towns Lewes Waste Group to buy Green Johanna compost units for a training scheme. If you would like more information or an application form, go to [www.eastsussex.gov.uk/rubbishandrecycling](http://www.eastsussex.gov.uk/rubbishandrecycling), email [rethinkrubbish@eastsussex.gov.uk](mailto:rethinkrubbish@eastsussex.gov.uk) or call **01273 482242**.

## Love food, hate waste

For every three bags of food brought back from the shops, one ends up in the bin. This has serious environmental implications, but it's a huge waste of money too.

All the East Sussex councils are working together to support the Love Food, Hate Waste campaign, with community chefs demonstrating 'leftovers' recipes at events and shows across the county. To find out more, go to [www.eastsussex.gov.uk/foodwaste](http://www.eastsussex.gov.uk/foodwaste), or call the County Council's Environmental Action Team on **01273 482144**. For recipe tips and storage advice, or to add your name to the Love Food, Hate Waste campaign, visit [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

Remember, there's a great range of good-value, local produce available in East Sussex, much of which you'll be able to pick up at your nearest farmers' market. The times and days of many of the county's farmers' markets are listed at [www.eastsussex.gov.uk/farmersmarkets](http://www.eastsussex.gov.uk/farmersmarkets) – but we know that others are springing up all the time!

## Are you part of a small or medium-sized business?

Then you'll know that you need to save money where you can in the current financial climate. The 'Business Excellence Through Resource Efficiency' (BETRE) project provides free advice to small and medium-sized businesses on how to cut utility costs and become more environmentally friendly. Part-financed by the European Development Fund and East Sussex County Council and run by the East Sussex Sustainable Business Partnership, the project has already helped over 900 businesses to save over £1.3 million.

To find out more about BETRE, go to [www.eastsussex.gov.uk/greenbusiness](http://www.eastsussex.gov.uk/greenbusiness), email [betre@eastsussex.gov.uk](mailto:betre@eastsussex.gov.uk) or phone **01273 336777**.

## Drive smart

By looking after your car, planning your journeys and driving smoothly, you can save money on fuel and repairs. But there are other, cheaper (and often healthier) options, including car sharing, cycling or taking the bus. To find out more, visit the Travel Choice website at [www.travelchoice.org](http://www.travelchoice.org)

## Borrow an electricity monitor along with your books

If you live in the Lewes area and you're a library member, why not borrow a home electricity monitor next time you get some books out? The easy-to-use, portable monitors show electricity output – and cost – so users will be able to see the effect of turning on the TV, for example, or putting the kettle on.

The monitors are available to borrow (and renew), in the same way as library books, until the end of the year. If the pilot scheme between East Sussex County Council and Lewes District Council is successful, they should be available in all areas of the county from early 2010.

## Share your garden

Launched last spring, the GardenShare scheme is being piloted in the East Saltdean and Peacehaven areas. Funded by East Sussex County Council and run by WRVS, the scheme aims to match volunteers who want to grow their own fruit and veg with older people who need help in the garden – and who will get a share of the home-grown produce in return.

If you would like to become a volunteer grower, contact WRVS Coordinator Carolyn Bennion by phoning 01273 611441 or emailing [carolyn.bennion@wrvs.org.uk](mailto:carolyn.bennion@wrvs.org.uk) to find out more.

## Holiday at home

Last but by no means least, holidaying closer to home easy on your pocket, great for the environment and boosts the local economy. Stunning countryside, buzzing resorts, picture-postcard villages, wonderful pubs and a colourful history all make East Sussex a great place to explore – so plan your break and accommodation at [www.eastsussex.gov.uk/leisureandtourism](http://www.eastsussex.gov.uk/leisureandtourism)

### Getting more copies of this leaflet

You can get all our leaflets in large print, easy read format, in Braille, on audio tape or CD, or in other languages.

They are also available in PDF form, which you can download from our website at [eastsussex.gov.uk](http://eastsussex.gov.uk)

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