

SAVING ENERGY

2023

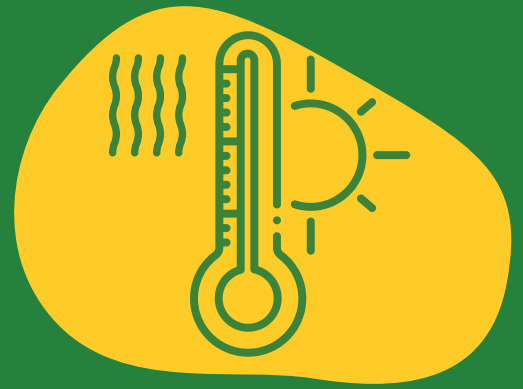


With electricity and gas prices so high, here are some ideas to try, which might help reduce your bills and your carbon footprint.

Sustainable Wantage is a community action group working to have a positive impact on the environment and support community resilience through the sharing of skills, resources and knowledge. Our projects include running The Mix Community Space, which is home to regular repair cafes, a refill station, laptop rescue and redistribution, workshops, social meetings and the Library of Things. We reduce food waste through the Mix Community Fridge and Wantage Community Larder projects and we support Wantage Market Garden and manage Pewit woodland. We also run the Wild Wantage project, supporting nature and biodiversity. We are powered by over 100 fantastic local volunteers. Find out more at sustainablewantage.org.uk

Keeping Warm

Warm Spaces This Winter



Community Café: Wantage Methodist Church Hall, Newbury Street. Mondays, 9am – 12 noon. No charge for coffee and cake (voluntary donation to charity). Someone to chat to. Jigsaw puzzles and games available.

Roots and Shoots Community Hub: Snells Hall, East Hendred
Mondays: 2pm – 5.30pm and Fridays 9am – 4pm
Tuesdays: Roots & Shoots Community Kitchen take-away meals, for info email rootsandshootsOX13@gmail.com

Down to Earth Community Café: The Old Stables, Stirlings Close, Wantage (formerly Wantage well-being centre)
Thursdays 11.30am – 4pm, warm meal for £2, for info email katefarrington10@gmail.com

Childrey Chillbusters: Childrey Village Hall
Thursdays 12 noon to 2pm. Simple bread and soup lunch. No charge. Organised by St.Mary's Church, Childrey.

Wantage Library: Stirlings Road and **Grove Library:** Millbrook. Warm and accessible space. Everyone is welcome to come in, browse, sit and read books or newspapers, complete a jigsaw, attend events and activities, charge their electronic devices, access PCs, use the WiFi and can book in for a digital support session, all for free and even if they are not library members.

Wantage Parish Church: open 10am-12pm every day (except Tuesday). You will find a warm welcome and a peaceful environment.

St John's Church, Grove:

Every Sunday 8th January – 5th March 2023, 12.30 – 2pm, refreshments, soup and bread rolls

www.warmspaces.org/spaces
www.warmwelcome.uk

Heating and Your Home



Getting the most from your radiators

18°C is a recommended temperature for homes of healthy people. In rooms not in use (e.g. in the daytime), turning the radiator down or off will save energy. Move furniture as least 5cm away from radiators to allow warm air to circulate. Putting reflective panels or aluminium foil on the wall behind radiators reduces heat loss (reflective side facing the radiator). Check your heating timer to make sure you're not heating the house when you don't need to (keep it on low if you're away to avoid freezing pipes).

Keeping the heat in

Close curtains on doors and windows at dusk and ensure doors are closed to rooms not in use. Thick curtains reduce draughts better than a thin blind. These sometimes come up in charity shops or on Freegle or Olio. Make sure curtains don't hang in front of radiators.

We are focusing on quick actions here, but for the long term, good insulation is the best way to keep a home warm. Loft insulation should be at least 200 mm (8 inches). If you don't have effective double glazing, you can buy a special film to add to your window to reduce heat loss.

Stop draughts

Add draught-proofing strips around windows and doors – these are self-adhesive foam strips, metal or plastic strips with brushes or wipers, or silicone sealant (for windows that don't open). Fit a letterbox draught excluder and a plate over keyholes. Measure your letterbox first! Draught-proof internal doors if they lead to a room you're not heating, such as a spare room. If you have an unused chimney, consider getting a chimney draught excluder – but don't light a fire while it's up!

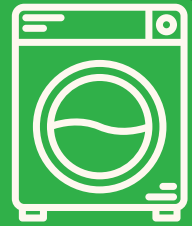
Be careful when draught-proofing not to block off ventilation, especially in kitchens, bathrooms, utility rooms and any rooms with a fire or boiler.

Don't seal or block extractor fans, underfloor grilles or airbricks, wall vents or trickle vents in windows.

Use Appliances Efficiently

Turning off your appliances at the plug rather than leaving them on standby is still one of the simplest ways to save energy.

Washing Clothes



Using a low temperature when washing clothes takes less electricity. Use the line, a clothes horse or airer to dry clothes where you can – tumble dryers use a lot of power. A heated airer costs less to run than a tumble dryer. However, drying clothes indoors can cause issues with damp. Leaving a window open for 15 mins is generally enough time to change the air in a room and means the room will warm back up faster afterwards; leaving a window ajar all day will cool the walls so it takes more energy to heat the room back up again.

Dishwashers



Wait until it's full to start the dishwasher – a half load takes just as much power while washing fewer dishes. There may be an 'eco' setting which will use less electricity and water.

Watching TV



In general, the smaller your TV, the less it will cost to run. A 32-inch LCD TV will typically use half as much electricity as a 42-inch plasma screen. Switch it off when not in use, do not leave on standby.

Computers and Laptops



Computers can be set to sleep or hibernate automatically after a certain number of minutes without activity, usually via the 'Settings' menu, which will save energy.

Fridges and Freezers



Your fridge and freezer run most efficiently if the freezer is defrosted when ice starts to build up (around $\frac{1}{4}$ of an inch). Use a vacuum cleaner to clean the condenser coils at the back or underneath your fridge or freezer as thick dust can reduce their efficiency by up to 30%.

Water Temperature and Showers



You can adjust the water temperature on combi boiler using the dial setting if it is hotter than it needs to be. For hot water tanks, good insulation will save energy and so will turning the thermostat temperature down if it is over 60 degrees. It should not be below 60 degrees. A short shower with a standard showerhead uses far less water and heat energy than taking a bath.



Cooking and the Kitchen



The kitchen is where the most energy is used on a regular basis, so there's a lot of energy saving potential here.

Only fill the kettle with the amount of water you need to boil.

This applies to cooking vegetables as well – add just enough to cover what you are cooking, and always put a lid on the pan.

If you're using an electric oven, turn it off ten minutes before the food has finished cooking. Avoid opening it, and it will stay hot and continue cooking your food to completion with the power off.

Slow cookers are very energy-efficient, as well as being ideal for those who like their food to be cooking while they're out or getting on with other things.

Defrost frozen food in your fridge. This will help cool the fridge, reducing the amount of electricity it uses.

A similar idea is to boil pasta or rice for two minutes then turn off the heat, keep the lid on and let it finish cooking in the hot water.

A pressure cooker is another good option to save energy and cooks more quickly than a traditional oven.

The microwave uses up to 80% less energy than a conventional oven. Air fryers are also more energy efficient and can be a cheaper way of cooking for one or two people as you are heating up a much smaller space.

When using an oven, cook as much as possible in one go to make good use of the heat. You will then have ready made meals to heat in a microwave the next day or freeze.

More Info and Support

It's worth contacting your energy supplier if you're struggling with bills to ask what they can do – some offer free insulation for eligible households.

Several power companies are now running schemes for people on smart meters. These will give you a discount if you reduce power use at peak times. Look up 'Demand Flexibility Service'.

Vale Community Impact: Following generous donations from the Ray Collins Charitable Trust and a significant grant from Wantage Town Council, residents in the OX12 area experiencing severe difficulties due to the rise in fuel costs may be able to apply to the Energy Support Fund programme being administered by Vale Community Impact (VCI). VCI also offers free independent advice and support services, including distributing the Household Support Fund.

16 Market Place, Wantage, OX12 8AE, (behind the former Barclays Bank)
01235 765348, help@vci.org.uk

Better Housing Better Health – Free energy advice for people in Oxfordshire, including lowering bills, switching provider/tariff or accessing financial assistance: 0800 107 0044 , bhbh@nef.org.uk

National Energy Action – Fuel poverty charity. Energy advice line: 0800 304 7159.

Green Doctor – guides and videos for energy saving:
groundwork.org.uk/greendoctor/tips-and-support

Local Energy Advice Partnership (LEAP) – Free service helping people keep warm and reduce energy bills: 0800 060 7567.

If you're struggling to cope, do reach out for support:
Samaritans – a listening ear for anyone who's struggling to cope – available day or night. Call 116 123.
Oxfordshire Mind – mental health support in Oxfordshire: 01865 247788.

Sustainable Wantage wishes to thank Wantage Town Council and Westmill Solar Co-operative for funding this leaflet.



How much do different appliances cost?

Different models use different amounts of power, but this list gives you a rough idea of how appliances compare. If buying a new appliance, choose a low wattage model for cheaper running and check the energy efficiency label.

Appliance	Watts	Cost per hour
Tumble dryer	3000	£1.02
Oven	2000	68p
Kettle	1800	61p
Electric hob	1700	58p
Vacuum cleaner	1400	48p
Dishwasher	1200	41p
Microwave	1200	41p
Toaster	1200	41p
Iron	1100	37p
Air fryer	1000	34p
Washer	700	24p
Electric clothes airer	250	8.5p
Slow cooker	225	8p
PlayStation 5	201	7p
Electric blanket	100	3.4p
Sky Q box	45	1.5p
TV	30	1.02p
Fridge	28	0.95p
BT Hub	12	0.41p
Sky Q box (standby)	9	0.31p
Microwave (standby)	7	0.24p
Phone charger	5	0.17p

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