



# The HEAT Project

Ratray and The Glens

## Stay warm and save money!

Noeleen Chapman



## Background

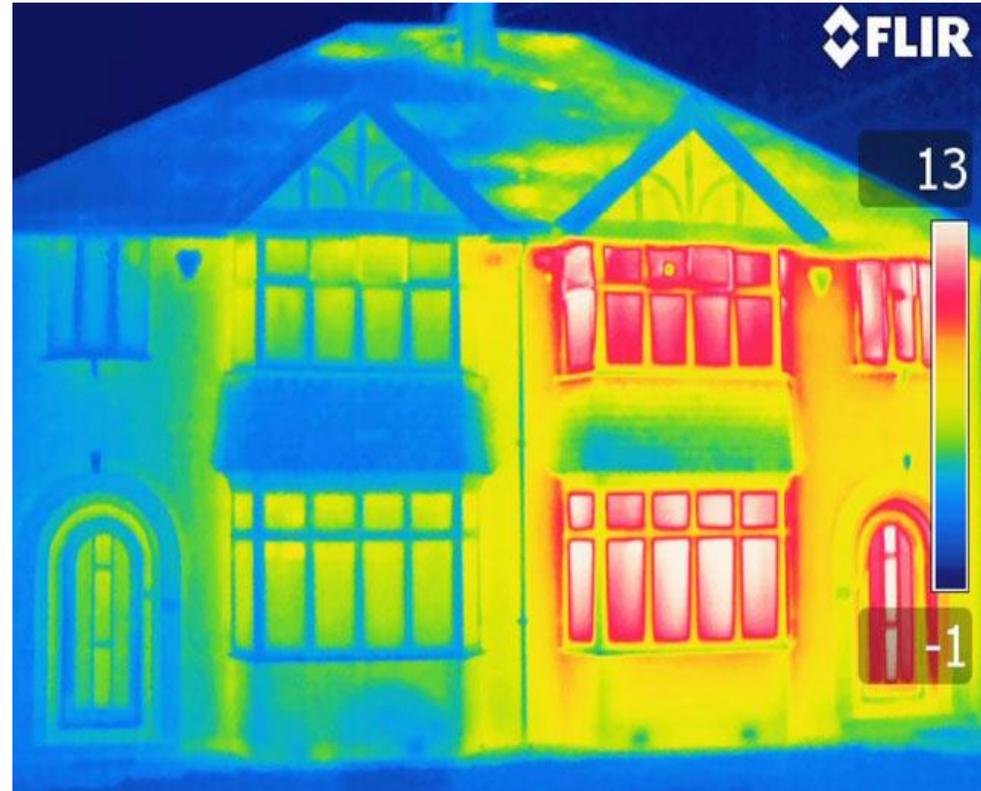
- ▶ HEAT (Home Energy Advice Team) Ratray and The Glens is a project that is here to help households have warmer homes, reduce their energy bills and to raise awareness of how our actions have an impact on Climate Change.
- ▶ The idea was developed by the Ericht Trust, and is supported by The Mount Blair Community Development Trust, with funding from the Scottish Government Climate Challenge Fund, and help in kind from Perth and Kinross Council.
- ▶ Our services are free and offer independent advice to the local community of Ratray and the Mount Blair area. We will be here to support you by:
  - ❖ Helping families, schools and community groups increase the energy efficiency of their properties, save money on energy bills which will hopefully reduce their environmental impact too.
  - ❖ Raising local awareness about how our decisions and actions can all add together to have a negative impact on climate change - with negative impacts at global and at local levels.

## Quick Wins to save you money

### Understand your home!

Where do we start - there are so many ways we can save on our energy bills just by making small changes to our behaviours.

Are you ready to give some of these a try??



## Changes you can make that won't cost you anything!

### Switching your Tariff

If you have not reviewed your energy bills in the last year it is well worth taking some time out to do this.

What to look out for:

- Your rate - Standard, Fixed, Economy 7
- How much is the standing charge

There are many websites out there but who do you trust!

Look for the Confidence Code Logo.

<https://www.ofgem.gov.uk/consumers/household-gas-and-electricity-guide/how-switch-energy-supplier-and-shop-better-deal/compare-gas-and-electricity-tariffs-ofgem-accredited-price-comparison-sites>



*You could easily save up to £250 per year just by changing your tariff either with existing provider or switching to another provider!!*

**Emergencies**

**Loss of supply?**  
Helpline number is dependent on meter location, see page 3

**Smell gas?**  
Call 0800 111 999

**Statement Enquiries and Customer Service**

Call us on  
**01926 320 708**

Customer Account Number 000001

Statement Date 12 Jun 2013

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Sample Customer  
Address Line 1  
Address Line 2  
Address Line 3  
Postcode

Customer Account Number 000001  
Statement Number 0001  
Statement Date 12 Jun 2013  
Statement Period 07 Mar 13 - 07 Jun 13  
VAT Registration Number GB 867 2447 91

Dear Customer

**Your Electricity and Gas Statement**

**Summary**

Previous balance		£	116.88
Payments received	See page 2	£	142.00
<b>Balance</b>		£	<b>25.12 credit</b>

**New Charges (Payment Type: Direct Debit)**

Electricity	See page 3	£	143.04
Gas	See page 4	£	106.66
<b>Total new charges</b>		£	<b>249.70 debit</b>

**NEW BALANCE = £ 224.58 debit**

This statement is for information only.

As you are on a fixed monthly payment plan your balance will be carried forward to your next statement and your agreed monthly payment of £71 will be collected by Direct Debit on or soon after 12 Jul 2013.

**Payments and Refunds**

**Payments**

Direct Debit - Payment	12 April 2013	£	71.00
Direct Debit - Payment	13 May 2013	£	71.00
<b>TOTAL</b>		=	<b>£ 142.00</b>

**Other Charges and Credits**

**Account Charges and Credits**

None

**Supply Charges and Credits**

None

**Your Tariff**

**Tariff Name - ISave Everyday**

Electricity unit rate per kWh 15.983p  
Gas unit rate per kWh 3.635p  
Electricity standing charge - Supply 13.65p per day  
Gas standing charge - Supply 14.70p per day  
Prices Inclusive of VAT

## Changes you can make that won't cost you anything!

### Kettles

Do you fill your kettle every time? Only putting in enough water for what you need can save on wasted energy.



Don't boil what you don't need.

### Unplug/Turn off Appliances

We can easily **reduce** our electricity consumption by at least **10%** by understanding and controlling our appliances.

Do you leave your TV on standby? The average household does for 17 hours a day!

Do you charge your smart phone over night?



*A recent household that we visited saved £15 a year just by turning off their microwave at the socket. It doesn't seem a lot but if you can save £15 just by flicking a switch have a think about what else you could do?*



## Changes you can make that won't cost you anything!

### Refrigerators

Decide what you want before you open the refrigerator. Gazing into the refrigerator can cost you up to a whopping £36 a year!

Do not have your fridge in direct sunlight as this makes your fridge work harder to stay cool.

### Dishwashers

Always run a full load and allow to air-dry at the end

### Washing and Drying Clothes

Washing your clothes at 30 degrees can use up to 40% less electricity than washing at a higher temperature.

It is difficult to dry your clothes outside living in Scotland and because of other demands on your lifestyle but where possible dry your clothes outside.

# Changes you can make that won't cost you anything!

## Shower v's Bath

Showering is much more efficient than filling a bath with hot water! In-fact you can use only 14% of the water you would use when bathing

## Room Layout

- Open your blinds and curtains in the morning. It's easy to just switch the main light on and not open the blinds or curtains. This does not only waste electricity, it also stops the sunlight getting into your house which is a way of warming up your house
- Close blinds and curtains an hour before dark - you can retain up to 5% more heat in your room by closing the curtains before dark
- Relocate objects away from windows where possible
- as this blocks the sunlight from entering your room
- Do not place sofas in front of radiators as this blocks the heat from reaching the rest of your room



## Low cost, guaranteed pay back solutions

### LED Lightbulbs

Lighting is accountable for about 15% of your energy bills. Replacing your standard lightbulbs with LEDs

LEDs are available to fit most fittings and are particularly good for replacing spotlights and dimmable lights, they are more efficient than CFLs and will save you more money in the long term. They can last up to 10 years. When buying your new bulbs, think lumens, not watts. The brightness, or lumen levels, of the lights in your home may vary widely, so here's a rule of thumb:

To replace a 100-watt incandescent bulb, look for a bulb that gives you about 1600 lumens.

*A house that we surveyed changed their standard lighting to LEDs. When all the lights are lit in the house the W has reduced from 1400KW to 140W. They have already seen a difference in their energy bills!*



## Low cost, guaranteed pay back solutions - Draft Proofing

### Insulate pipe gaps/holes and around fixtures & fittings

Do you feel a draft everytime you stand at the kitchen sink? Open your cupboards and see if there are gaps around the pipes? Place some insulation in the gaps to stop the draft.

Also look to see if there are any gaps around your fixtures and fittings and fill these in too



### Skirting boards and flooring

Look along your skirting boards and see if there are any gaps. Fill these with Decorators Caulk

For old wooden floorboards use stopgap or rubber inlay between the boards to prevent drafts from coming up from under the floorboards.



# Low cost, guaranteed pay back solutions

## Doors and Windows

Can you see any gaps around the edge of your external doors or your windows? If so, buy a draft excluder roll and attach this around the edges.

Buy some draft excluders and put them on the end of your doors or simply buy a draft excluder cushion and lay it against the door.



## Low cost, guaranteed pay back solutions

### Insulating Underlay

Using rugs on wooden floors can help you save between 4%-6% on your energy bills .

You can also lay these on top of a layer of insulation.

It is also worth using insulating underlay underneath your carpets.



## Low cost, guaranteed pay back solutions

### Open Chimneys/Stoves

Do you have an open fire that you only light a few times a year or not at all?

Up to 75% of heat loss in a room can be down to an open chimney.

Use a chimney balloon or similar to seal the flue. You will be amazed at the difference this makes and it is easy to take out if you want to light your fire, just remember to get it swept before using.



## Low cost, guaranteed pay back solutions

If you have a stove and don't have it lit make sure that all the vents are closed as heat will also escape up the flue if they are open.



Eco fans / Stove top fans improves the dispersion of warm area around the room or around your house. These really do make a big difference.



## Low cost, guaranteed pay back solutions

### Insulating your Loft Hatches

We are all pretty good at insulating our loft but have insulated your hatch and around the edges to prevent drafts.

One way of doing this is by using old carpet and flooring underlay.



# Low cost, guaranteed pay back solutions

## Radiators

**Heat Reflectors** - These are simple to apply to the back of your radiators and bounce the hot air back in to the room. They are particularly useful for radiators that are mounted on external walls.

**Radiator Fans** - As like Stove Top fans they improve the dispersion of warm area around the room.

## **Thermostatic Radiator Control Values - TRV's**

These reduce the flow of water through the radiator which they are fitted to when the temperature goes above a certain setting. Set them to the level you want for the room; a lower setting uses less energy and so will save you money.



# Low cost, guaranteed pay back solutions

## Your walls

It's not always practical to insulate your walls for many reasons. Here are a few alternatives you can do instead which are cheaper and less disruptive.

### Insulating Paint

There are many insulating paints on the market. When choosing one make sure to choose one that is breathable.

### Insulating Wallpaper

There are also many options on the market usually around 4mm thick so suitable for most walls. These are also paintable!



Thank you for your time!

*We hope you have found this useful but it may have left you wanting to ask further questions. Need some help applying this to your or would you like us to use our thermal camera to help you identify where drafts are in your home?*

*Just get in touch with us to arrange a no obligations home survey  
The HEAT Project*