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energy advice book 3

Save Energy

Save Money



CLACKMANNANSHIRE
COUNCIL

About This Booklet

Making your home energy efficient can help you save energy and cut your fuel bills, saving you money as well.

Homes that are energy inefficient:

- ▲ Waste energy
- ▲ Lose heat
- ▲ Can be cold and damp
- ▲ Are hard to heat to a comfortable temperature
- ▲ Cost more to run

This booklet has advice on how to make your home energy efficient. It looks at reducing unnecessary energy use and using energy more economically.

Each section has information on how to make your home more energy efficient, tips on saving energy and contact details for where you can get more help and advice.

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Heating Your Home

About half of all home energy is used on heating, by getting the best out of your heating system you can reduce this to a third.

Gas Central Heating Systems

Modern gas central heating systems are safe, controllable and efficient to run but can cause confusion as they have a number of controls that need to be fully understood.

Using heating controls properly can: -

- ▲ Improve the comfort of your home
- ▲ Reduce the energy used
- ▲ Avoid the risk of condensation dampness
- ▲ Cut fuel bills

Why have controls on a gas central heating system?

To operate properly it must be controlled so that heating and hot water are provided at a suitable temperature, when and where you need it. Most systems include: -

- ▲ Boiler (which can be a condensing, condensing combi, conventional or conventional combi model)
- ▲ Hot water tank, for systems not using a combi boiler
- ▲ Radiators
- ▲ Programmer
- ▲ Room thermostat
- ▲ Thermostatic radiator controls

The Boiler

A boiler heats up the water that is circulated through radiators to provide heat. It also heats a coil in the hot water tank and in turn the water stored inside for household use.

The thermostat on the boiler controls the temperature of the water circulating around the system.

If your boiler is a 'combi' boiler then the water is heated instantaneously when the hot water taps are switched on.

Hot Water Tank

Most hot water cylinders have a thermostat, this should be set at 60°C. This is hot enough to kill any bacteria and cool enough not to produce water that could scald you.

Hot water cylinders should be insulated with a minimum of 8cm of insulation to retain heat.

Radiators

Radiators are most commonly used in "wet" (uses water) central heating systems. The water is heated by the boiler and travels through the radiators, giving out heat.

Programmer or Timer

The programmer or timer is set to control the times when the central heating and hot water are switched on and off. The average heating period is about 8 hours each day. However, this depends on your own personal circumstances. The majority of time clocks allow you to set two 'on' and 'off' periods during the day i.e. 8am - 10am & 4pm - 10pm.

In order to wake up to a warm house set the heating to come on 30 minutes before you get up and then in the evening set the heating to turn off about 1 hour before you go to bed. This takes into account the time it takes for the house to warm up and cool down.

There are a variety of programmers for operating central heating (CH) and hot water (HW).

Programmer Settings

ON/CONSTANT - HW/CH is on 24 hours each day.

OFF - the HW/CH is completely off.

ONCE - the HW/CH comes on at the first "ON" time selected and turns off at the second "OFF" time selected.

TWICE/AUTO - the HW/CH comes on for the 2 selected time periods.

HOT WATER ONLY - the heating system will not operate.

If you have mislaid your instructions on how to operate your programmer you can request a copy from the manufacturer.



Room Thermostat

This is usually found in the living room or hallway and it is recommended to set it at between 18°C and 21°C. The room thermostat will respond to the temperature in the room where it is situated. When the room is warm enough, it sends a signal to the central heating pump to stop heating the radiators until the temperature drops below the set level. At this point they will come on again.

Turning down your thermostat by 1°C may reduce your heating bills by 10%

Thermostatic Radiator Valves (TRVs)

TRVs are found on radiators in rooms other than where the room thermostat is placed. The TRV senses the air temperature in the room and can be set higher in the rooms you use most and lower in rooms used least such as bedrooms. They usually have a fat valve at one end, marked with a * and numbers from 1 to 5. The * setting is to protect against frost; it will typically leave the radiator switched off unless the temperature falls below about 6°C. For a normal living room, the setting of 3 or 4 is likely to be about right; for a bedroom a cooler temperature will normally be enough. They can also be used to turn an individual radiator on or off. Generally, one radiator should be left without a TRV and left permanently switched on, this radiator may be a bathroom towel rail (where the heat is always likely to be useful), or in the same room as the room thermostat where a TRV is not needed.



Oil Fired Central Heating

If you are not connected to mains gas, one of the most popular options is oil-fired central heating. It can be cheaper to run than any fuel, other than mains gas, and remains cheaper than bulk LPG or bottled gas and, in most circumstances, than electricity or anthracite. (Electricity can be the most cost-effective option for smaller homes and flats.)

A good oil-fired central heating system will contain the same controls as a modern gas-fired system. In particular it should have:

- ▲ A room thermostat, ideally located in a living room, not the hallway.
- ▲ Thermostatic radiator valves (TRVs) on all but one of the radiators.
- ▲ A 7 day timer with separately programmable hot water and room heating
- ▲ A cylinder thermostat on the hot water tank.

It is also recommend that all oil-fired systems are fitted with an automatic shut-off in the event of fire. This will prevent a fire spreading to the external oil tank.

Most tanks are now made of plastic and so are easy to maintain, however there are quite complex regulations on where they may be sited and the Council's Building Control Officer will advise you on these.

Electric Heating Systems

Electric storage heating systems are very different from a “wet” gas central heating system. The majority of homes heated by electricity have a combination of storage heaters and panel heaters with an electric immersion heater for the hot water.

Storage Heaters

These operate by storing heat during ‘off-peak’ periods when the electricity is cheaper, usually overnight. You can only get cheap night time electricity if you are on an off-peak tariff such as Economy 7, Economy 10 or Warmwise. This heat is then released into the room the following day and evening. There are two controls (input/charge and output/boost) on the majority of storage heaters which have to be adjusted in anticipation of the following day’s weather.



Be sure not to put clothing or ornaments on top of the heaters as they can become very hot and lead to a fire risk.

Input / Charge Control

Modern, slim-line storage heaters often have a charge control (or an automatic charge control) that adjusts the amount of heat stored overnight. An automatic charge control does this by measuring the temperature in the room (or more rarely, outside the house) and the milder the weather, the less charge and heat stored (saving money in the process). If the storage heater has a manual charge control, you will have to make this adjustment yourself. The colder the weather the higher the input control needs to be set.

‘Output’ or ‘Boost’ control

The output control tells the heater how much heat to give out during the day. If this is at the maximum setting (usually 6 or 9) you will find that the stored heat is distributed fairly quickly. It is important to set the controls to reflect the temperature outside and the times that you are in the property. If you are going out or to bed you will need to turn down the boost control to save heat for when you are in and need it.

Although storage heaters can be large and bulky in size, because they use off-peak electricity they are much cheaper to run than panel heaters or bar fires. A well-controlled storage heater should give you ten hours of useful heat a day. As the weather gets warmer and you find you no longer need the storage heaters on, then simply turn them off at the wall.



Electric Immersion

Most electric storage heating systems use an electric immersion to heat hot water. This may use 'peak' or more commonly 'off-peak' electricity (usually between 11.30pm and 8.30am). If it uses off peak electricity then this will be controlled automatically by a timer and the whole tank will be heated for about 5 hours overnight. The water temperature can be boosted during the day, at the peak rate, by overriding the timer if more hot water is needed. If using peak electricity only, switch the immersion on for the period required to heat the water. It is expensive to keep the immersion on for long periods during 'peak' times.

Renewable Energy Heating Systems

Renewable energy is energy that occurs naturally, such as energy from the sun, wind, waves or tides.

It is possible to generate your own energy from renewable sources to heat your home, through micro-generation. These technologies are much more readily available now than they were in the past, and are becoming a more common sight on buildings across Scotland. However, it is important to remember that you may need planning consent and/or a building warrant before you can install them.



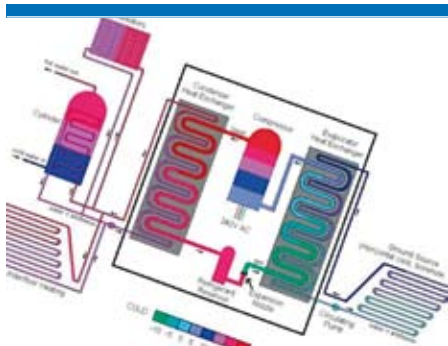
Although renewable energy systems are often more expensive to install, as the majority of the energy used comes from the natural environment, fuel bills can be greatly reduced.

Further information on renewable energy can be found in the booklet Carbon Footprint – Treading Lightly.

Available from Council offices.

Ground Source Heat Pumps (GSHP)

A ground source heat pump works by removing some of the heat energy from an area of ground such as your garden or lawn through a buried network of pipes, and using this energy to provide central heating. In principle, a GSHP system is very similar to a fridge working in reverse: a pump is used to remove a certain amount of heat energy from one place and move it to another.



Air Source Heat Pumps (ASHP)

An air source heat pump works in the same way as a ground source one, but with the heat being removed from the surrounding air. It is possible to extract heat from air temperatures as low as -15°C

Biomass

There are two main ways of using biomass to heat a domestic property:

1. Stand alone stoves providing space heating for a room. These can be fuelled by logs or pellets but only pellets are suitable for automatic feed, and some models can be fitted with a back boiler to provide water heating.
2. Boilers connected to central heating and hot water systems. These are suitable for pellets, logs or chips.

There are many domestic log, wood chip and wood pellet burning central heating boilers available. Log boilers must be loaded by hand and may be unsuitable for some situations. Automatic pellet and wood chip systems can be more expensive. Many boilers will dual fire both wood chips and pellets, although the wood chip boilers need larger hoppers to provide the same time interval between refuelling.

Further information about renewable energy is available from the Energy Saving Scotland advice centre on 0800 512 012. They also administer the Energy Saving Scotland home renewables grant scheme.

Energy Saving Tips

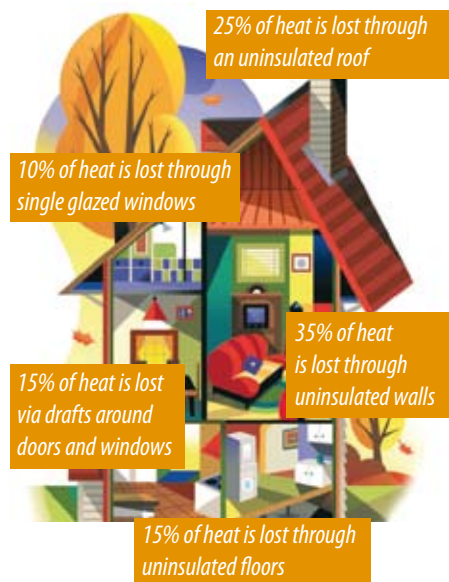
- ▲ Turning your thermostat down by 1°C could cut your heating bills by up to 10 per cent, the recommended temperature for a living room is 21°C
- ▲ Is your water too hot? Your cylinder thermostat shouldn't need to be set higher than 60°C/140°F.
- ▲ If you have storage heaters, remember to close the damper or output dial (sometimes called the boost) before you go to bed or if you go out during the day. This stops the release of heat when it is not needed.
- ▲ Close your curtains at dusk to stop heat escaping through the windows, making sure that they do not cover your radiator.
- ▲ Don't put furniture in front of a radiator as it absorbs the heat instead of it spreading into the room.
- ▲ If your boiler is over 15 years old it's probably time to replace it. New boilers are now of the high-efficiency condensing type. They can help you save up to a third on your heating bills.

Insulating Your Home

Making sure that your home is properly insulated is the most cost effective way of making your home energy efficient and saving money on your fuel bills. As you can see from the picture, with an uninsulated house you could be spending money heating the air outside, instead of keeping warm and cosy.

Cavity Wall Insulation

With 35% of heat being lost through the walls of your home, cavity wall insulation is an easy way to cut fuel bills.



To find out if your home is suitable for cavity wall insulation, you need to check how your home was built. In general, most houses built after the 1920s have external walls made of two layers with a small air gap or 'cavity' between them.

If you don't know the age of your house, you can tell if you have cavity walls by looking at the pattern of the bricks on the outside walls.



Typical Cavity Wall



Typical Solid Brick Wall

Cavity wall insulation works by filling the gap between the two walls with an insulating material. This decreases the amount of heat that escapes through the walls. It will help create a more even temperature in your home, help prevent condensation on the walls and ceilings and can also reduce the amount of heat building up inside your home during summer hot spells.

It is quick, clean and relatively inexpensive to install. It's injected into the cavity from the outside taking between two and three hours in a three bedroom semi-detached house.

If you are a homeowner or live in private rented accommodation and receive qualifying benefits or are aged 75 or over, then you may be eligible for free or discounted insulation through the Scottish Government's Energy Assistance Package.

Contact Energy Saving Scotland advice centre on freephone 0800 512 012 for more details.

Loft Insulation

Insulating your loft is a simple and effective way to reduce your heating bills and you can even do it yourself.

Loft insulation is like putting a woolly hat on your home. It traps the warm air as it rises and keeps it in your home, reducing the loss of heat from the rooms below, which then require less heating.

Insulating material is simply laid over the floor of the loft, between and then over the joists if they are visible, if your loft space is converted into an attic that you use, you should insulate the sloping sides of the roof structure itself.

Save and Reward Insulation Scheme

Working with the Energy Saving Scotland advice centre and Scottish Gas, Clackmannanshire Council is giving homeowners the opportunity to apply for discounted insulation and save money on future fuel bills.

To arrange a free, no obligation quote or for more information, call the Scottish Gas Insulation number 0845 971 7731 and quote ref CMS

Loft insulation can be laid as a do it yourself job, but you should wear protective clothing, gloves and masks. Also you should take care not to insulate below the cold-water tank, if one is present, and not to compress the insulation in tight corners or eaves.

Tanks and Pipe Insulation

Insulating your hot water cylinder is one of the easiest ways to save energy and money. Fitting a British Standard 'jacket' around your cylinder will cut heat loss by over 75%. If you already have a jacket fitted, check that it's at least 75mm thick. If not, treat your cylinder to a new winter coat.

Both tank and pipe insulation keep your water hotter for longer by reducing the amount of heat that escapes.

A new, 80mm thick hot water cylinder jacket will save you £35 per year. The jackets themselves cost about half that, meaning that you'll reclaim your initial cost in around 6 months. Insulation for hot water pipes if they are easy to get at, can save you around £10 a year, about the amount that it would cost to do, which means you could potentially recover the cost of fitting within a year.

Fitting a jacket to a hot water cylinder is a straightforward DIY job. Fitting insulation to pipes is easy if the pipes are accessible. Professional help may be required to fit insulation to harder to reach pipe work.



Double Glazing and Secondary Glazing

Installing double-glazing can cut heat loss through windows by half. If you can't afford to replace all the windows, why not choose the rooms that cost you the most to heat?

Double-glazing works by trapping air between two panes of glass creating an insulating barrier that reduces heat loss, noise and condensation.

Fitting double-glazing is a professional job. Always look for the Energy Saving Recommended logo when choosing your windows, that way you can be sure they are the most energy efficient as the whole window (frame and glass) is assessed on a A-G rating. (with A being the most efficient and G the least)

For extra energy efficiency, low emissivity glass, or Low-E as it is often called, is used. A microscopically thin-coating on one surface of high quality glass makes this possible. The glass forms the inner pane of a double glazing unit. Its coating faces the cavity. The coating reflects heat from radiators and room surfaces back into the building, and allows in warmth from the sun. Energy saving is further improved if an inert gas such as argon fills the units instead of air.

This means you can sit closer to the windows and feel less cold because double-glazing with Low-E has a higher internal surface temperature than conventional double or single glazing. Also, the reduction in condensation means frames and surrounding surfaces will need less maintenance. Low-E looks identical to ordinary clear glass.

The coating is almost invisible, except in rare instances where strong oblique lighting may cause it to resemble a transparent film for a short time. Its effect on light transmission and reflection is barely perceptible.

If you're on a budget, fitting secondary glazing could be the answer. It's less expensive than replacement double-glazing and will still save money by cutting heat loss and draughts.

This can be an additional window fitted on the inside of the existing frame, or a magnetic or adhesive pane to fit to the frame, or even just some clear plastic film stuck to the interior frame.

There are also many types of more specialist films available. Some of these improve the performance of the window by reducing the heat lost and allowing solar gain, so improving the insulating properties of the glass.

Clear plastic film (polythene) should be available from DIY stores. You can attach it round the edge with double-sided sticky tape and then heat it to make it first stretch and then contract back as it cools - to clear the wrinkles. It won't last a huge length of time, about one winter, but is very cheap.

Rigid (or slightly flexible) plastic sheets are also usually available from DIY outlets. These will also be stuck on or held in place magnetically to enable easier cleaning.

More advanced options could be a single pane in an aluminium frame, and attached on hinges or sliding runners, or perhaps an old and suitably-sized window cleaned up and fitted to the inside frame.

The most advanced type of secondary glazing is to fit a second window inside the existing one. This will often be a better and cheaper option than replacing the windows altogether. You could hire a local joiner to make them, or there are certain proprietary systems available from DIY stores.

Energy Saving Tips

- ▲ Eliminate draughts and reduce wasted heat by installing a cheap, easy-to-fix brush or PVC seal on your exterior doors. Letterboxes and keyholes should be covered too.
- ▲ Gaps in floorboards and skirting boards allow heat to escape and let in draughts. Fill them with newspaper, beading or sealant.
- ▲ An insulating jacket for a hot water tank only costs a few pounds and pays for itself within months. Fit a British Standard jacket that's at least 75mm (3") thick and you could save around £35 a year.
- ▲ Hot water pipes should be insulated to stop heat escaping. The best pipes to insulate are the ones between the boiler and hot water cylinder.
- ▲ Insulating your loft is one of the simplest ways to save energy and you can even install it yourself.
- ▲ Around 33% of the heat lost in your home is through the walls, so insulating them can be the most cost-effective way to save energy in the home. Cavity wall insulation will also keep you cool in the summer and warm in winter. It's straightforward and hassle-free.
- ▲ Your home could be losing up to 20 per cent of its heat through single glazed and poorly insulated window frames. With double-glazing you can actually cut these losses by over a half.

Energise Your Home

Using Energy Wisely

Don't leave appliances on standby

Remember that you can't switch most electronic goods off just with the remote control, to turn off an appliance completely, use the power switch on the appliance itself or turn it off at the plug. Any appliance with a charger or an external power pack will still use power unless turned off at the plug (you can tell because the charger or power pack stays warm or may have a light on).

That little coloured standby light uses 10-60 per cent of the energy needed to power the appliance when in use, so always switch it off at the socket. Televisions and phone chargers are the worst culprits. Stamp out standby and unplug chargers. You could save as much as £130 per year.

On your computer, the screen saver only does what it says on the tin - it saves the screen and most up-to-date computers don't need it anyway. When you are not using your computer, turn it off as the screen saver uses almost the same amount of energy as powering the whole machine.

Unplug your Freeview/digital box, it may say it needs to be constantly plugged in to receive downloads, but it's using around 50 per cent of its energy just to blink lights at you.

Full loads only

Never put a washing machine or dishwasher on without it being full, unless you have an economy or half-load programme, because you're wasting water as well as energy. Wash your clothes at 30° and you'll save around 40 per cent of the energy your washing machine uses.



Energy-sapping tumble-drying should also be reduced as much as possible in favour of drying clothes outside, on clotheshorses or in the airing cupboard. Tumble driers are one of the worst offenders in the home for CO2 emissions, not using yours will for a year could save you around £75.

According to research, as a nation, we're wasting £170m worth of energy a year by washing our clothes at higher temperatures.

Enough water for your needs

It's all too easy to turn the tap on and fill the kettle up without considering how much water you actually need, but again you're wasting both water and electricity.

Only boil enough water for your needs and you'll make big savings.

It's estimated that if all of us stopped "filling" the kettle, enough energy would be saved to power between 50 and 75 per cent of the UK's streetlights

Heating water costs, so take a short shower (3 minutes) that will use 30 litres of water instead of a bath that will use around 77 litres. But a power shower requires the same amount of hot water as a bath.

Conserve energy when cooking

Chop food into small pieces when cooking, as it will cook quicker and use less energy. It's also important to put the saucepan lid on and to ensure the pan's the right size for the burner or ring you're using, otherwise energy will be lost around the sides. Too small a pan, and as much as 40 per cent of the energy could escape.

Ovens & pans can be turned off before the food is fully cooked because it will continue cooking in the boiling water or hot air.

Heating meals in a microwave rather than in a conventional oven uses less energy.

Purchasing Energy Efficient Appliances and Bulbs

When purchasing a new appliance it can be difficult to know which model to choose since manufacturers have so many different offers and products.



However it is very easy to find out which appliances are more energy efficient and therefore cheaper to run. Purchasing an energy efficient appliance may cost a little more but remember that they cost less to run. Using less energy reduces carbon dioxide emissions and this helps to combat climate change.

EU Energy Label

This rates appliances from A (the most efficient) to G (the least efficient) and provides additional information such as the capacity of a fridge, noise level etc. The label must, by law be shown on the following appliances: -

- ▲ Fridges
- ▲ Freezers
- ▲ Fridge freezers
- ▲ Washing machines
- ▲ Tumble dryers
- ▲ Washer dryers
- ▲ Dishwashers
- ▲ Electric ovens
- ▲ Light bulb (packaging)



The Energy Efficiency Recommended Label

This label also helps you to identify and buy energy efficient products and complements the EU Energy label on white goods and light bulbs. Only products that meet or exceed the energy efficiency criteria set by the Energy Saving Trust and backed by the Government can use the Energy Efficiency Recommended logo.



An up to date list of Energy Efficiency Recommended products can be found at www.est.org.uk/myhome

Switching Fuel Supplier

Since the deregulation of the energy industry, customers have been able to switch their gas and electricity supplier with the aim of reducing their household energy bills.

Before deciding to switch supplier, you can, first of all consult energywatch (telephone 0845 906 0708) the independent gas and electricity watchdog for advice. Their website has a price calculator which can produce a comparison table of suppliers highlighting the cheapest fuel price options for your postcode area.

When viewing a price comparison table, figures are often based on the household's level of usage, low, medium or high. The table below shows how these correspond to actual figures and hence which category you will fall into.

Energy price comparison table

Definition of user	Low	Medium	High
Electricity/year (kWh)	1,650	3,300	4,950
Gas/year (kWh)	10,000	19,050	28,000
Cost of one fuel per month	£15-27	£29-44	£45-61
Cost of one fuel per year	£180-320	£350-530	£540-730

It is important after viewing a price comparison table that you check that the prices displayed are current.

No one supplier will ever be cheapest in all departments. The overall cost of each bill will vary in respect to fuel tariff/ consumption, standing charge, payment method, capped offers and discounts i.e. dual fuel. It is important to make sure to sign up for a package that suits your individual circumstances.

Some useful questions to consider prior to changing supplier

1. Fuel charges (pence per kWh) and how long are they guaranteed for?
2. What payment methods are available?
3. Do different payment methods affect the price?
4. Is there a standing charge?
5. Does the supplier have a high rate of complaints?
6. What happens if you cannot pay the bill?

The “switching process”

1. Make contact with the chosen supplier and agree a contract.
2. Give old supplier 28 days notice by telephone.
3. Give old supplier 28 days notice in writing.
4. Settle existing bills with the old supplier.
5. Take a meter reading on the day of changeover.
6. Ensure you cancel any direct debit or standing order to your previous supplier.

This whole process should take around 6 weeks to complete and your new supplier will be able to update you on progress. If you sign a contract but later change your mind there is a 7-day cooling off period in which you can cancel the contract without a penalty.



Always remember...

- ▲ Do not change supplier if you not want to.
- ▲ Be cautious of the claims salespeople make regarding the savings to be made by switching. Investigate yourself.
- ▲ Do not invite doorstep salespeople into your home.
- ▲ Always ask for identification.
- ▲ Do not sign anything on the doorstep; be sure to read over information first.

Energy Saving Tips

- ▲ Lighting accounts for 15% of our electricity bill. Don't light rooms that aren't in use, always turn off the lights when you leave a room.
- ▲ Don't leave appliances like televisions and computers on standby and remember not to leave appliances like mobile phones on charge unnecessarily. Things left on standby are still using electricity and could be using 20% of your electricity per year.
- ▲ Remember to use the 'half load' or 'economy' setting on your washing machine if you do not have a full load. Also, all modern detergents are designed to clean successfully at 30°C with no need for a pre-wash. Washing at 65°C requires twice as much energy.
- ▲ Only fill your kettle with as much water as you need (but remember to cover the elements if you're using an electric kettle).
- ▲ A dripping hot water tap wastes energy, so make sure they're fully turned off!
- ▲ Always put the plug in your basin or sink. Leaving hot water taps running with it removed is like washing money down the plughole.
- ▲ Don't leave fridge and freezer doors open for longer than necessary, also avoid putting hot or warm food straight into the fridge; allow it to cool down first. If the fridge warms up it needs more energy to bring it back to its working temperature.

- ▲ Choose the right size pan for the food and cooker and put lids on pots when cooking. The food cooks quicker saving energy and less moisture is released into the kitchen cutting down on condensation.



- ▲ Freezers or fridges that are filled with frost work harder to stay cold. They should be defrosted at least once a year or more frequently if they regularly frost up.
- ▲ Replace your light bulbs with energy saving ones: You could save £37 a year and £590 over the lifetime of the bulbs. These days, energy saving lightbulbs come in a wide variety of fittings, shapes, sizes and some have "soft tone". With the prices of the average energy saving light bulb starting at £1-£2, you could recoup the extra cost of the bulbs within a year.
- ▲ When replacing appliances, look for ones displaying the energy saving recommended logo. The logo appears on a wide range of products including fridges, freezers, dishwashers, washing machines, tumble dryers, light bulbs, light fittings, gas boilers and heating controls.

Useful Contacts

Energy Assistance Package

The Energy Assistance Package is a 4 stage process that gives advice and support to reduce your fuel bills, make your home warmer and more comfortable and maximise your income. It is run by the Energy Saving Scotland advice centre on behalf of the Scottish Government, who fund it along with energy suppliers

Each stage offers different levels of advice and support depending on your circumstances

Stage 1

This is energy advice to help you make your home as energy efficient as possible and help you reduce your energy bills.

This is open to everyone

Stage 2

This provides help to change to the lowest cost energy tariffs and you can get a benefit and tax credit check to make sure that you are receiving all the money that you are entitled to. If you are 60 or over and the check finds that you are entitled to other benefits you can get help with filling in the forms

This is open to everyone.

Stage 3

This offers free home insulation, such as loft or cavity wall insulation

To qualify you must be a home owner or living in private rented accommodation and be over 75 or receive a qualifying benefit

If you are not over 75 or do not receive a qualifying benefit, you may still qualify for discounted home insulation.

Stage 4

This provides free additional insulation and central heating to homes with a poor energy rating.

To qualify you must be home owner or living in private rented accommodation and either be a pensioner household who have never had central heating installed, or a pensioner in an energy inefficient home on a qualifying benefit

or are aged 75 or over or a family receiving a qualifying benefit with a child

under 5 (including pregnant women) or a disabled child under 16.

To find out more, telephone: 0800 512 012.

Energy Saving Trust

Their website offers advice and information on energy efficiency and reducing the cost of your fuel bills.

The website also has a home energy audit questionnaire that will show you how much energy and money you can save in your home.

Website:

www.energysavingtrust.org.uk

ExxonMobile Energy Challenge

Would you like to have an energy champion visit your home to carry out a free home energy audit?

An energy volunteer will visit you at home and assess how best you can make your home warmer and more energy efficient.

They will pass on energy tips, give you free thermometers and energy saving light bulbs. They will give assistance in filling in forms or help you arrange for other assistance to make sure you are receiving the best energy advice.

Contact Sandy Wilkie at CSV on 0131 622 7766 or e-mail: swilkie@csv.org.uk

Save and Reward Insulation Scheme

Clackmannanshire Council is working with Energy Saving Scotland advice centre to offer discounted cavity wall and loft insulation to homeowners.

For more information contact the Scottish Gas Insulation Line on 0845 971 7731 quoting reference CMS

Energy Saving Scotland Home Renewables Grant Scheme

The scheme provides funding to homeowners towards the installation of small scale renewable energy systems.

It provides grants to householders of up to 30% of the costs of the installation, to a maximum of £4,000

Further details are available from the Energy Saving Scotland advice centre on 0800 512 012 or from the Energy Saving Trust website www.energysavingtrust.org.uk

Energy Saving Scotland advice centre

You can get free, impartial and expert advice about making your home more energy efficient. They are experts in energy efficiency, they will be able to advise you on which energy saving measures are most suitable for your home.

Telephone: 0800 512 012



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