



3 Acorns Eco-audits

Inspiration
Information
Implementation

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Dementia Café Eco/Energy Workshop:

Green tips to reduce living costs.

Heating

1. Rooms that are not being used should have their doors closed and heating turned down to frost-free. Air them occasionally.
2. Recommended living-room temperature for healthy people: 18/19C.
Recommended living-room temperature for non-ambient, unwell or elderly people 21C.
Important: Every degree C above 19C adds 10% to the heating bill. Thus, a healthy person heating their home to 24C would be adding 50-60% to their annual heating bill.
3. Place thermostat on inside wall in living room, not on cold wall in unoccupied room or draughty hallway.
4. If you work or leave the house for large parts of the day, the correct timing of heating system is crucial. In a well-insulated home, the heating should go off between 30 to 60 minutes prior to leaving for the day.
Similarly, ideally it should come on 30 minutes prior to arriving home at most.
5. Ebico has no standing charge for gas, nor a premium for key-meters.
6. Affordable Warmth grants for loft/cavity/solid wall/boilers for certain benefits. 0800 444 202 for both home owners and private landlord tenants.
7. Most Utility companies have a Priority Services Register for the elderly– free gas safety checks and control adapters for those with dexterity issues.
8. Free home energy-efficiency advice visits from Shine are available for families with incomes below £16,000 + over 60s+Under 15s. Draught-proofing doors and windows, Reflective radiator panels, LED light bulbs, Secondary glazing film, Hot water tank jackets, Electricity use monitors, Thermometer card, Water saving pack. Also, phone energy-efficiency advice: Tel 0300 555 0195

Electricity

1. Affordable green electricity (+ non-green gas) from Beamenergy.co.uk (Barking & Dagenham).
2. Hot-water cylinder, if electric, should have timer and be well insulated. Hot-water for showers and sinks is used at 40C. Legionella requires 60C in community residential homes and other large premises.
3. Replace any halogen lights with LEDs. Halogen lamps are extremely expensive to run with most of them consuming 50 watts each.

4. Use cold wash for non-soiled coloureds in washing machine. Use washing line in summer rather than driers/spin programme. Driers cost about 56p each time they are used.
5. Electric towel rails should not be left on.
6. Ensure fridges are set correctly and any excess fridges unplugged.
7. Non-spray irons use about a third of the electricity of spray-irons.

Water/Garden/Food

1. Water meter can save single and dual occupant households significant amounts of money and means using water efficiently helps save money.
2. Install aerating shower-heads etc. Freebies from Thames Water
3. Tap/hose usage.
4. WC tanks should be reduced to 6 litres maximum.
5. Reduced price water-butts from £26 from savewatersavemoney.co.uk
6. Reduced price compost bins from £24 (Inc. Delivery) from brent.gov.uk
7. Food – pulses. Sprouting/balcony/garden/community food growing.
8. Food waste reduction: Stir-frying/soups etc
9. Thames Water WaterSure & WaterSure Plus schemes – 50% tariffs for people on certain low incomes or benefits. 0800 980 8800

Cars / Car-sharing/ Cycling

Car ownership can be one of the biggest household expenses. Options to replace car-ownership include:

1. If using car mainly for the weekly shop, get it delivered instead.
2. Consider using car-share schemes if available when car is really needed.
3. Free dial-a-ride scheme for registered disabled & those over 85 also allows a carer to travel free.
4. Brent Council provides free one-to-one cycle-training. Regular cycling can add 3 years to elderly people's lives, is easier on sore joints and reduces danger of falling over. Good value refurbished bikes from <http://www.re-cycling.co.uk/>. Free adapted bike sessions for elderly & disabled at wheelsforwellbeing.org

Furniture/ Other Goods

Pre-used goods eliminate the carbon and environmental costs involved in producing new goods. Cotton for example consumes over 25% of the world's pesticides.

1. Use eBay to sell unwanted goods or buy pre-used goods often for a bargain price.
2. Using local charity shops - reduces costs and environmental impacts and helps raise money for charities.
3. Furnish Shop on Dawes Road does discounts for people on benefits.
4. Brent Freecycle scheme – local free pre-used goods www.freecycle.org