

Week three – use of energy

The electricity, gas and fuel oil we use in our homes come mostly from fossil fuels. For most of us there is no realistic alternative, but we can be responsible about our consumption of energy and adapt our lifestyles to reduce our use of fossil fuels. There are electricity suppliers who will guarantee to supply customers from renewable sources of energy (usually at no added cost). If you have investment capital, you can install solar PV (electric) panels, with a moderate rate of financial return under the current grant scheme.

Actions

Choose two or three of these:

- Keep your windows and doors closed
- Only fill up the kettle to the amount of water required
- Hang your clothes to dry instead of using the tumble dryer
- Turn your central heating down and wear warmer clothes
- Only heat the room you are using
- Use eco light bulbs
- Don't leave appliances on stand-by
- Turn off garden water features and outside lights or install PIR detectors
- Avoid cooking in a conventional oven (use a hob or investigate methods such as hay boxes)
- Improve your home's insulation
- Reduce the amount of hot water you use
- Switch your energy provider to one that uses renewable energy sources
- Give up using your TV and computers
- Go to bed at sunset and get up at dawn

Research and campaigning

Choose one of these:

- Consider installing a solar PV (electric) or a solar water system
- Research the use of energy in the manufacture of the goods you buy, and the amount of energy used in transporting them
- Look into replacing existing appliances with energy efficient (A rated) ones
- Write to your MP about streetlight pollution