



Haslemere Herald column – May 2011

Energy saving tips for the Spring

As we enjoy the glorious Spring, it is a good time to review our energy bills and look at ways of reducing our winter costs and of keeping them down through the summer. Now is a good opportunity to investigate some of the bigger measures you might take to improve energy efficiency if you haven't already taken them, such as loft or cavity wall insulation, double glazing or installing a wood burner.

Figuring out the comparative cost effectiveness of each of these measures can be tricky so we have provided some analysis and guidelines on our website at www.transitionhaslemere.org. There are a number of grants and subsidies available for some of the measures, such as free loft and cavity wall insulation for the elderly. You can find out information about these at the Energy Savings Trust website at www.energysavingtrust.org.uk, or call them on 0800 512 012.

You don't have to spend a huge amount to conserve energy and reduce your bills. Here are some other things you can do that will save you money while also cutting your carbon emissions.

Hang washing outside to dry instead of using your dryer. It's also kinder on your clothes, especially those with elastication or printed patterns or logos.

Turn down the temperature of your water heater now that outside temperatures are higher.

Turn off your towel radiators.

If you have empty space in your fridge or freezer fill it up with used milk cartons

filled with water. Your fridge or freezer will have to work less hard, and therefore use less electricity, to maintain its temperature when you open and close the door.

Eat more salad – which avoids using energy for cooking.

And while we are on the subject of food, shop locally and buy local produce wherever possible. A good place to do this is at the farmers' market, which takes place from 10am to 1.30pm on the first Sunday of each month in the High Street – next one on Sunday 5 June.

Walk or cycle to the shop if possible. It's surprising how much you can carry comfortably in a rucksack. Waitrose also lends out a bicycle trailer to take your shopping home.

Grow your own vegetables. If you don't have the space at home, or the time or the confidence to do it all yourself, then you can join the Haslemere Community Veg Growers – who you can find on Facebook or the Transition Haslemere website.

Press contact: Clive Davidson

Tel: 01428 641241 work/01428 656671 home

[Email: cdavidson@cix.co.uk](mailto:cdavidson@cix.co.uk)