



# Let's act on climate change together

Top tips to help you reduce your  
impact and save money

# Heating and cooling

Heating our homes accounts for the largest proportion of our domestic climate change emissions. Climate change is also predicted to cause more summer heatwaves with more cases of heat stress and skin cancer.



## Insulate Your Home

About 60% of your homes warmth could be escaping through your roof and walls.

- Loft insulation is the most cost effective energy saving measure and is easy to install. Building regulations require new properties to have at least 270mm (10") of loft insulation. If your loft has less, consider a top up.
- Installing cavity wall insulation could save you a further £110 per year and insulating solid walls can save up to £300 per year.
- Contact the Suffolk Energy Action Link (SEAL) for information on insulation schemes in your area. Grants of up to 100% to private tenants and owners in receipt of income or disability related benefits are also available from Warm Front.

## Adjust Temperature Controls

- Turn your room heating down by just 1 or 2°C. For most households, by turning the thermostat down to 18°C you are unlikely to notice the difference, but your pocket will – saving £30/year for a standard three bedroom property.
- Installing thermostatic radiator valves and reflective panels to your radiators will allow you to distribute heat to where you most want it.

## Replace Inefficient Boilers

- If your boiler is more than 15 years old you could reduce your heating bill by up to a third by fitting an energy efficient condensing boiler.

## Bills

- Consider switching to electricity generated from renewable sources. Contact your supplier or a utility switching organisation. Check out how much the supplier invests in renewable energy.

## Keep Cool and Safe

Whether working or playing outside in hot weather, follow these precautions to keep safe:

- Avoid sun exposure between 11am and 3pm when the sun is strongest.
- Wear sun protection if you are outside for prolonged periods even if it is cloudy.
- Reduce the effects of heat waves - close curtains and blinds in unoccupied rooms during the day.

### For more advice:

Suffolk Energy Action Link (SEAL)  
0800 0288 938

Warm Front  
0800 316 2805  
[www.warmfront.co.uk](http://www.warmfront.co.uk)

Energy Saving Trust Advice  
Centre Anglia

0800 512 012  
[www.energysavingtrust.org.uk/  
anglia\\_advice\\_centre](http://www.energysavingtrust.org.uk/anglia_advice_centre)

NHS Direct 0845 4647  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

Consumer Focus  
0845 404 0506  
[www.consumerfocus.org.uk](http://www.consumerfocus.org.uk)

Suffolk Climate and Energy  
Helpline  
0800 02 88 938

# Energy efficiency

Changing the way we use lighting and household appliances can be the simplest and cheapest way of taking action on climate change.



## Switch Off

- Turn off lights and other appliances when they are not needed. If everyone in the UK avoided using the stand-by setting, the equivalent energy production of one power station would no longer be needed.

## Use Low Energy Lights and Household Appliances

- Are you using low energy light bulbs throughout your home? They are now available for most fittings and come in a variety of attractive designs. Low energy light bulbs cost a little bit more to purchase than conventional bulbs, but they can last up to 12 times longer and save you around £7 per bulb per year.
- Find out more about the range of low energy light bulbs including dimmable bulbs and LEDs that are now available.
- When purchasing other household appliances such as fridges or washing machines, always look out for the Energy Saving Trust recommended logo.
- Contact CRed Suffolk to borrow a light bulb library.
- Contact the Energy Saving Trust for more energy advice.

## Clothes, Washing and Drying

- Wait until you have a full load before using your washing machine.

- Using a 40°C wash cycle rather than 60°C means that you use a third less electricity.
- Reduce the wash to a 30°C cycle and the amount of electricity saved (not to mention money) will be even higher. Modern washing machines are just as effective at lower temperatures.
- Avoid tumble drying - outdoor line dried clothes can smell fresher and save you money!

## Kettle Boiling

Operating a kettle is equivalent to having 200 low energy light bulbs on at the same time!

- Only fill the kettle with as much water as you need.

## Find out your Carbon Footprint

Using energy generated from fossil fuels produces carbon dioxide (CO<sub>2</sub>), the principal greenhouse gas linked to global warming. Finding out where you emit CO<sub>2</sub> will help you identify the actions that will have the most impact.

- Visit the Act on CO<sub>2</sub> website to calculate your personal carbon footprint.
- Contact Climate and Energy Helpline Suffolk for advice on how you and your community work together to reduce energy and CO<sub>2</sub> emissions.

### For more advice:

Energy Saving Trust Advice  
Centre Anglia  
0800 512 012  
[www.energysavingtrust.org.uk/  
anglia\\_advice\\_centre](http://www.energysavingtrust.org.uk/anglia_advice_centre)

Suffolk Climate  
and Energy Helpline  
0800 02 88 938  
Act on CO<sub>2</sub>  
[www.actonco2.direct.gov.uk](http://www.actonco2.direct.gov.uk)

# Generate your own energy

By harnessing renewable energy sources such as the sun and the wind, you can reduce your carbon footprint and cut fuel bills. It is also a way to make your home self-sufficient and sustainable. Here are some options.



## Get Your House To Harness the Sun

- Passive solar heating makes use of the free heat you receive from the Sun to warm your house. Keep south facing windows clear during the day and close your curtains directly after sunset to maximise this effect.
- If you are planning to extend your home, think how you can make the most of the sun to warm your house when you need it.

## Install Solar Power

- Solar water heating systems convert energy from the sun to heat water. They work alongside your conventional water heater and can provide almost all of your hot water during the summer months.

## Burn Wood

- Energy is produced by burning woody material in the form of wood pellets, wood chips or logs. Using wood from sustainable woodlands can be carbon neutral and a good alternative for those off the mains gas supply.

## Install a Heat Pump

- Heat pumps make use of heat extracted from air, soil or water which can then be transferred through a heat exchanger to supply central heating and in some cases pre-heating of hot water. Heat pumps can be

combined with radiators but underfloor heating is better as it works at a lower temperature.

## Electricity

### Install Solar PV

- Solar PV (Photovoltaics) use cells to convert solar radiation into electricity. When light shines on the cell it creates an electric field causing electricity to flow, which can be used to power lighting or household appliances. Any excess electricity can be exported to the National grid. Alternatively, solar PV can be used to charge batteries to store electricity.

### Try Wind Power

- Harnessing wind power involves using air movement to rotate a drive shaft which in turn generates electricity. Small scale applications range from individual battery charging systems to those that provide power for homes, schools or community halls.

### Try Wind Power

- By pooling your money with neighbours or working with a community group you could install a larger more efficient renewable energy system and also access extra grant funding.

## For more advice:

Energy Saving Trust Advice  
Centre Anglia  
0800 512 012  
[www.energysavingtrust.org.uk/  
anglia\\_advice\\_centre](http://www.energysavingtrust.org.uk/anglia_advice_centre)

## Suffolk Energy Action Link (SEAL)

0800 0288 938  
Low Carbon Buildings Programme  
0800 915 0990  
[www.lowcarbonbuildings.org.uk](http://www.lowcarbonbuildings.org.uk)

Suffolk Climate  
and Energy Helpline  
0800 02 88 938

# Waste and recycling

Reducing, reusing and recycling our waste conserves natural resources and saves energy.



## Reduce

- Avoid creating waste in the first place - buy only as much as you need and choose products that are not excessively packaged.

## Stop Junk Mail

- Reduce your junk mail - register with the Mailing Preference Service.

## Reuse

- Before throwing away unwanted items such as furniture or household appliances, consider giving them to someone else - or even selling them! Good quality furniture can be redistributed to those on lower incomes through a re-use scheme. Contact your local Council for more details.
- Advertise unwanted items on a Materials Exchange website such as East-Ex or Freecycle or donate unwanted items to a local charity.

## Recycle

- Use your kerbside recycling scheme to recycle paper, card, cans and plastic bottles/containers. Glass and textiles can be recycled at local recycling banks.
- Contact your local Council or Suffolk Recycling for more information on where to recycle.

## Use Household Waste and Recycling Centres

- Use your local centre to recycle garden waste, wood, glass, textiles, metal, batteries, fridges, electrical goods, fluorescent tubes and TetraPaks.
- For more information, contact Suffolk Recycling.

## Home Composting

- Using a home compost bin to recycle vegetable peelings, tea bags, fruit skins and shredded paper can reduce the weight of your regular dustbin by a quarter and makes fantastic compost for your garden.
- Compost bins may be available at discount prices from your local Council or Recycle Now.

## Food Waste

- Research shows that a typical household throws away a third of the food it buys of which about half could have been eaten.
- Avoid buying too much and keep your fridge at the right temperature.

## Nappies

- Save money and reduce waste disposal by using reusable nappies.

### For more advice:

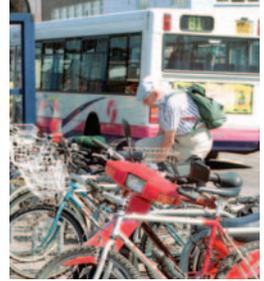
**Mailing Preference Service**  
0845 703 4599  
[www.mpsonline.org.uk](http://www.mpsonline.org.uk)  
**Freecycle**  
[www.freecycle.org](http://www.freecycle.org)

**Recycle Now**  
0845 331 3131  
[www.recyclenow.com](http://www.recyclenow.com)  
**Suffolk Recycling**  
0845 606 6067  
[www.suffolkrecycling.org.uk](http://www.suffolkrecycling.org.uk)

**Suffolk Materials Exchange (East-Ex)**  
[www.eastex.org.uk](http://www.eastex.org.uk)  
**Suffolk Real Nappy Network**  
0870 005 3985  
[www.suffolkrealnappynetwork.org.uk](http://www.suffolkrealnappynetwork.org.uk)

# Transport

The fastest-growing source of climate change emissions in Britain is caused by travel.



## Buy a Fuel Efficient Vehicle

- When buying a new car, match the engine size and fuel efficiency to your needs.
- Check out the CO<sub>2</sub> emissions of current models – visit the Act on CO<sub>2</sub> website. Consider buying a hybrid or biofuel model.

## Calculate your Car Costs

The AA estimates that to own and run a typical small family size car costs on average £380 per month (assuming 10,000 miles per year).

- It might work out cheaper to use public transport, walk/cycle to work or take a taxi when necessary.

## Drive Efficiently

Small changes in how you drive can minimise a car's impact and save you money.

- Driving at 50mph instead of 70mph uses 25% less fuel. Change gear at the correct engine speed (revolutions per minute or rpm) - no more than 2500rpm for petrol or 2000rpm for diesel - avoiding exaggerated acceleration and braking can save 30% of your fuel.
- Check your tyre pressures regularly and remove any unnecessary accessories such as roof racks, bike carriers and roof boxes, which cause drag and unnecessary fuel usage.

## Cycle

- Using a bike is good for you and the environment. It's fast, convenient, gives you freedom and independence, takes you from door to door and is reliable.
- Find out about the National Cycle Network which offers over 10,000 miles of walking and cycle routes on traffic free paths, quiet lanes and traffic-calmed roads. Over 75% of the UK population now lives within two miles of a route. For more information contact Sustrans.

## Walk

- Walking is the cheapest and healthiest way of getting about. Encourage children to walk to school. Consider setting up a "Walking Bus."

## Use Public Transport

- Use a travel planning service like Traveline to get to your UK destination.

## Share Lifts

- By car sharing with Suffolk Carshare you will be helping others, cutting pollution and saving money - up to £1,000 a year.

### For more advice:

Energy Saving Trust  
0800 512 012  
[www.energysavingtrust.org.uk/  
travel](http://www.energysavingtrust.org.uk/travel)

Sustrans  
0845 1130 065  
[www.sustrans.org.uk](http://www.sustrans.org.uk)  
Act on CO<sub>2</sub>  
[www.dft.gov.uk/sustainable/  
actonco2](http://www.dft.gov.uk/sustainable/actonco2)

Department for Transport  
020 7944 8300  
[www.dft.gov.uk](http://www.dft.gov.uk)  
Traveline  
0871 200 22 33  
[www.traveline.org.uk](http://www.traveline.org.uk)

Suffolk Carshare  
08700 11 11 99  
[www.suffolkcarshare.com](http://www.suffolkcarshare.com)

# Save water at home

It is predicted that climate change will result in hotter drier summers and wetter winters with a greater risk of water shortages.



## Metering and Bills

An average person uses at least 150 litres of water per day (equivalent to 20 buckets full).

- Look at your water bills and make a record of your water usage.
- If your water use isn't monitored by a meter, contact your local water company to see if it can install one. That way you only pay for what you use.

## Save Water in the Bathroom and when Washing Clothes

- About a third of water used in the home goes down the toilet. A modern toilet cistern uses considerably less water than an older standard 9 litre cistern. Fit a simple water saving device. Alternatively, put a litre bottle of water in your cistern - saving up to 20% each time you flush.
- Contact your local water company to find out the availability of water saving devices for toilets and items such as low flow showerheads and tap fittings.
- Turn the tap off when brushing your teeth.
- A 5-minute shower uses about a third of the water of a bath. But remember that power showers can use more water than a bath in less than 5 minutes.

- Half-load programmes on dishwashers and washing machines use more than half the water and energy of a full load. Wait until you have a full load before switching the machine on.

## Save Water when Cooking

- Use the minimum amount of water required when you boil water in saucepans and kettles.
- Wash vegetables and fruit in a bowl rather than under a running tap.

## Save Water around the Home

- Dripping taps can waste up to 4 litres of water a day costing you at least £20 a year. Replace worn tap washers for a quick and cheap way of saving water.
- Burst water pipes can cause serious damage as well as waste water. Ensure that your water pipes and external taps are lagged in time for cold weather.

## Save Water outside the Home

- Think about needing to wash the car. Use a bucket rather than a hose.
- Find out about rainwater harvesting for domestic water use.

### For more advice:

**Anglian Water**  
0800 800 580  
[www.anglianwater.co.uk](http://www.anglianwater.co.uk)

**Essex and Suffolk Water**  
0845 782 0999  
[www.eswater.co.uk](http://www.eswater.co.uk)

**Water Wise**  
020 7344 1882  
[www.waterwise.org.uk](http://www.waterwise.org.uk)

**Environment Agency**  
08708 506 506  
[www.environment-agency.gov.uk](http://www.environment-agency.gov.uk)

# Gardening with less water

Droughts can hit the gardens we love hard. However as gardeners we can do a lot to prepare for drought in the garden. On average, gardening water accounts for 5% of household water use.



## Water wisely in the Garden

- Use leftover tap water for watering house plants. Avoid using a garden sprinkler – they can use 500 litres an hour equivalent to a family of four's water use in 24 hours.
- Demand for water is greatest between 5pm and 8pm - leave garden watering until later in the evening, this will also reduce the amount of water that may evaporate.
- Remember to check the weather forecast – it might rain tomorrow anyway!

## Collect Water

- Install a water butt to collect rainwater or surplus water from your kitchen or bath.
- Fit a water butt on every downpipe on your house, shed, garage or greenhouse.
- Increase your storage by connecting several water butts together or just get one big butt if space allows. Be safe – make sure water butts have tight-fitting lids and cannot topple over.

## Look after your Plants

- Design your garden with water saving in mind.
- Make sure your soil has a high organic matter content to retain moisture. Make your own compost or add peat-free compost or manure to improve the moisture retention.
- Choose drought resistant plants. Provide potted plants with shade when it is hot.
- If you water plants and shrubs too often their roots will remain shallow, weakening the plant. Leave them alone until they show signs of wilting. Install next to the plant a short piece of pipe to get water to the roots quicker and deeper.
- Avoid watering the lawn if it turns brown - grass will recover quickly after a few days rain.

## Keep down the Competition

- Weed or hoe regularly so that water is used by your plants not the weeds!
- Use mulch to reduce water evaporating and suppress weeds.

### For more advice:

Anglian Water 0800 800 580  
[www.anglianwater.co.uk](http://www.anglianwater.co.uk)

Essex and Suffolk Water  
0845 782 0999  
[www.eswater.co.uk](http://www.eswater.co.uk)

Water Wise  
020 7344 1882  
[www.waterwise.org.uk](http://www.waterwise.org.uk)  
Environment Agency  
08708 506 506  
[www.environment-agency.gov.uk](http://www.environment-agency.gov.uk)

Royal Horticultural Society  
[www.rhs.org.uk/advice/index.asp](http://www.rhs.org.uk/advice/index.asp)  
BBC Gardening  
[www.bbc.co.uk/gardening/basics](http://www.bbc.co.uk/gardening/basics)

# Flooding

**It is predicted that climate change will result in a greater risk of flash flooding and extreme weather events.**



Help to protect your family and your property by checking out websites produced by the Health Protection and Environment Agencies and Suffolk Resilience for comprehensive guidance.

## Prepare for Flooding

- Find out if you are at risk of flooding by contacting the Environment Agency. If your property is at risk, sign up to the FloodLine Warnings Direct Service.
- Make sure you know how to turn off your gas, electricity and water supplies.
- Store any valuable items and important documents, including property with sentimental value, upstairs if possible.
- Look out for local community advice and assistance.

## Dealing with a Flood

- Follow the Health Protection Agency guidance to protect against infection. Co-operate with emergency services and local authorities - you may be evacuated to a rest centre.
- Alert your neighbours, particularly older people.

- Move pets, vehicles, valuables and other items to safety. Turn off any power supplies and unplug appliances.
- Do as much as you can in daylight. Doing anything in the dark will be a lot harder, especially if the electricity fails.

## Cleaning Up After a Flood

- Act on advice about health protection and any evacuation procedures issued by the relevant authorities.
- Do not switch on power or water supplies which may have been affected until advised to by your utility supplier.
- Check with your insurer on what information they need when you make a claim.
- Prevent young children playing in affected areas until cleaning has been done.
- Do not eat any foodstuffs or drink liquids which may have become contaminated.
- Always maintain a high standard of personal hygiene especially hand washing.

For more advice:

Environment Agency  
08708 506 506  
[www.environment-agency.gov.uk](http://www.environment-agency.gov.uk)

Health Protection Agency  
[www.hpa.org.uk/flooding](http://www.hpa.org.uk/flooding)  
Suffolk Resilience  
01473 265321  
[www.suffolkresilience.com](http://www.suffolkresilience.com)

FloodLine Warnings Direct  
0845 988 1188  
CIRIA  
[www.ciria.org.uk/flooding](http://www.ciria.org.uk/flooding)

# Eat and shop locally

**A fifth of our climate change emissions are related to the production, processing, transportation and storage of food. A changing climate may open up opportunities for more varieties of vegetables and fruit to be grown in Suffolk.**



## Food Shopping

Buying locally grown, seasonal produce reduces food miles and the associated pollution. Exotic and even common varieties of vegetables and fruit are routinely imported by air contributing to greenhouse gas emissions.

- Always check the label or ask the shop manager to find out where produce has come from. For example, some fruit and vegetables are routinely flown 1000's of miles even though they are also grown in Suffolk.
- Try visiting your local farm shop and farmers' market as you will probably find you gather much less unwanted packaging from local suppliers. For those in Suffolk you'll find them on the Tasty Suffolk website and for those in neighbouring counties visit Tastes of Anglia. For information on local producers try using Big Barn's interactive web search facility.
- When shopping remember to bring with you your reusable shopping bags. As soon as you get home remember to put them in the car boot so that you don't leave them at home.
- For something more robust try a cool canvas style bag to hold your shopping.

## Grow Your Own

- Consider growing your own vegetables at home or on an allotment - it can be fun, keeps you fit and saves money. You will know where your food comes from, how it has been grown and if grown organically has not been exposed to artificial chemicals.
- Growing salad crops like lettuce, tomatoes and peppers will save the most emissions.
- If you have a small garden, grow your fruit and vegetables in containers to save space.
- Find out what your neighbours are growing and see if you can grow different crops - agree to exchange produce to reduce waste and experience variety.
- If you cannot find space at home, speak to your local parish/town council about renting an allotment plot, which can cost as little as £5 per year!

## Local Shopping

When buying goods and services, try and support local businesses. This is good for your local economy, ensures that local communities remain vibrant and reduces the need to travel.

### For more advice:

**Tasty Suffolk**  
0844 980 8510  
[www.tastysuffolk.org.uk](http://www.tastysuffolk.org.uk)

**Tastes of East Anglia**  
01473 785883  
[www.tastesofanglia.com](http://www.tastesofanglia.com)

**Big Barn**  
01234 871005  
[www.bigbarn.co.uk](http://www.bigbarn.co.uk)

**National Farmers' Retail and Markets Association**  
0845 45 88 420  
[www.farma.org.uk](http://www.farma.org.uk)

**National Society of Allotment and Leisure Gardeners Ltd**  
[www.nsalg.org.uk](http://www.nsalg.org.uk)

# Go local

**Taking a break and using local facilities helps the local economy and keeps money in local pockets; it also cuts down the impact of transport and saves you time.**



## Get Active In Your Area

When was the last time you looked at your local area from a visitor's perspective?

- Take a walk or cycle around your local area – you will be amazed what is on your doorstep and it will help improve your health. Visit the Discover Suffolk website.
- Rather than travelling long distances for a weekend away, discover what's attractive in your local neighbourhood. Visit your local Tourist Information Centre and pick up a free copy of Days Out in Suffolk or take a look at the Visit Suffolk website for ideas.

## Rediscover Renewable Energy In Suffolk

There were nearly 500 working windmills in Suffolk, mostly used for corn grinding or draining land. Today just 37 windmills remain, including examples of national importance. Only 24 watermills remain in some state of repair.

- Visit a working wind or water mill to find out how Suffolk people harnessed wind and water power.

## Go Natural

A changing climate is already affecting Suffolk's native species along with those that are passing through.

- Visit one of Suffolk's many nature reserves and country parks.
- Contact the listed organisations for more information on events and locations of nature reserves and wildlife in your area.

## Get Volunteering

- If you enjoy the Suffolk countryside and have some time to spare, consider becoming a conservation volunteer. It's very rewarding and is also a great opportunity to meet other people.
- For help to identify what's local to you, contact the Suffolk Volunteering Federation or the BTCV.

## Holidays

- Avoid the hassle of airports and discover some of the beautiful holiday destinations in our own country. Reducing your air travel can also have a huge impact on your carbon footprint as a flight from London to Paris emits over 6 times the amount of carbon per passenger than the train.
- For holiday ideas in neighbouring counties, go to the East of England website.
  - Take a holiday in this country. Contact Enjoying England - the official tourist board for England.

### For more advice:

**Discover Suffolk**  
[www.discoverussuffolk.org.uk](http://www.discoverussuffolk.org.uk)  
**Visit Suffolk**  
[www.visit-suffolk.org.uk](http://www.visit-suffolk.org.uk)  
**Suffolk Mills Group**  
[www.suffolkmills.org.uk](http://www.suffolkmills.org.uk)

**Suffolk Wildlife Trust**  
01473 890089  
[www.suffolkwildlife.co.uk](http://www.suffolkwildlife.co.uk)  
**Green Suffolk**  
[www.greensuffolk.org](http://www.greensuffolk.org)

**Volunteer in Suffolk**  
08452 235 335  
[www.volunteeringsuffolk.org.uk](http://www.volunteeringsuffolk.org.uk)  
**British Trust for Conservation Volunteers**  
01302 388 883  
[www.2.btcv.org.uk](http://www.2.btcv.org.uk)

**East of England Tourism**  
[www.visiteastofengland.com](http://www.visiteastofengland.com)  
**Enjoy England**  
020 8846 9000  
[www.enjoyengland.com](http://www.enjoyengland.com)



# Call the Suffolk Climate Change and Energy helpline 0800 02 88 938

All the local authorities in Suffolk and key partners to promote low carbon initiatives and adaptation to a changing climate.

This leaflet has been produced for householders. A similar fact sheet is available for small and medium sized businesses that want to develop green business practices. Support is also available for community groups. For availability contact the Suffolk Climate and Energy helpline on 0800 02 88 938.