

Ballater and Crathie Community Council Community Action Plan (CAP) – Environment

**Working with you to help you reduce
your energy use and bill**

1 Understand your energy use:

Where is home energy used?

2 Energy saving ideas from the Experts. (& information links)

Energy Saving Trust, Home Energy Scotland, Centre for Sustainable Energy,
uswitch, moneyweek, youtube, Smart Green Energy Shop,

British Heart Foundation, Shell UK, BEKO

**This will help you take greater control over
your energy use & save money.**

For information sources & further information click the blue underlined links in this document.

To make energy savings in your home, where do you start?

Q1 Where do you use most energy?

Q2 How can you make energy savings:

by changing your habits or by better insulating your home.

Where do you use most energy - in a typical* home?

Where	% used	Comment
Heating your home	50%	Big use, mainly in winter
Heating your water	20%	Big use, all year round
Appliances	20%	Washing m/c, t/drier, dish washer, TV, computers
Lighting (Incandescent bulbs)	5%	Homes have many light bulbs
Cooking	5%	Hobs, ovens, kettles, m/waves,
Total	100%	

* %ages vary by type of home, fuel used & householder habits - so should be taken as a guide.

Sources: Energy Saving Trust, Citizens Advice, Centre for Sustainable Energy, uswitch

Now you know where energy is used, you've some big target areas for savings.

For information sources & further information click the blue underlined links in this document.

Heating Your Home: reduce your heating energy (50% of total) & have the biggest impact on your energy use & bill.

Action	Cost
<u>Better Heating Control</u>	This costs you nothing
Reduce heating times with your timer.	Heat your home for less time
If you go out, turn heating down/off. (thermostat or timer)	Heat your home for less time
Turn thermostat down 1 degree (try it!!) (typical saving 10%)	Have home at a lower temperature
Turn some radiators down. (for example bedrooms)	Some rooms at lower temperature
Better heating habits	This costs you little/nothing
<u>Wear more clothes at home.</u>	Needs your home to be less warm
<u>Keep doors closed to cooler areas. (bathroom, bedroom, hall)</u>	less heat loss from warmer rooms
<u>Draw curtains in the evening.</u>	Less heat loss from windows
Lower cost heating / better insulation	This costs you something
<u>Use lower cost fuel (e.g. Wood)</u>	supplements heat (75% cheaper than electricity / kwh)
<u>Better insulation (lower cost) Loft /door/ window</u>	Reduces your energy losses
<u>Better insulation (higher cost) new doors/windows, cavity walls</u>	Reduces your energy losses

For information sources & further information click the blue underlined links in this document.

Water Heating (20% of total): reduce this to gain 2nd biggest impact on your energy use/bill.

Better Control	This costs you nothing
Turn water thermostat down to 60 - 65 degrees	Less energy used/ no very hot water
If you go away for a long period, turn water heating off	Not keeping a tank of hot water
Changed habits – use less (this is key)	This costs you little/nothing
Take a shower rather than a bath	Typically uses ¼ the water and energy
Use an aerated shower head	Reduces flow – but feels the same
Use a shower timer	Reduces shower time – target 4 mins
Don't leave hot taps running	Reduces wasted energy
Insulate hot water tanks and pipes	Reduces Heat losses

For information sources & further information click the blue underlined links in this document.

Home Appliances (20% energy) focus on things using a lot of heat: use them less.

Centre for Sustainable Energy

[Appliance Energy Usage](#)

Wet appliances (washing m/c, tumble drier & dishwasher) use around 10% of total energy.

[Use fully loaded and so less often](#)

Reduced usage, means less energy used.

[Use dishwasher on lower temperature eco cycles](#)

[Use washing m/c on lower temperature eco cycles](#)

Eco cycles operate at lower temperatures so need less energy as they don't heat the water so much

[Only use the tumble drier when essential](#)

Very energy intensive. Other options:

In summer, clothes can air dry.

In winter, dehumidifier avoids high temperature

Cold Products (fridges. Freezers) use around 6% of total energy.

[Set fridge freezer temperatures as recommended by the manufacturer](#)

If set too cold, the fridge will need to work harder and use more energy.

[Keep the room temperature in the area where the fridge is as low as possible.](#)

Every 1 degree increase in temperature causes a 5% increase in a fridge's energy use, as it has to keep the fridge cool in a warmer area.

[If replacing, buy a very energy efficient device.](#)

These are on all the time for years – its worth it.

[Clean the fridge/ freezer coils annually so the device can work efficiently.](#)

If the coils are not clean the fridge/freezer will need to work harder to dissipate the heat.

Consumer electronics use little power

[For information sources & further information click the blue underlined links in this document.](#)

Lighting (with traditional bulbs) accounts for 5% of energy use

Action	Impact
Change all your bulbs to LEDs If you've old incandescent bulbs take them to recycling	LED bulbs use 75% less energy*.
Changed habits	This costs you little/nothing
Light bulbs – there are lots: always turn off as you leave a room	Less energy wasted

LED v's Traditional Bulb

Power Used

To produce 900 lumens of light:

Traditional bulb uses 60 watts.

LED uses 8 watts. (LED uses 87% less energy)

Life expectancy

Traditional bulb 2,000 hours LED's 40,000+ hours

LED bulbs last 20 times longer saving you much replacement time & cost.

[For information sources & further information click the blue underlined links in this document.](#)

Cooking accounts for 5% of energy use

Action	Impact
<u>Use low energy intensity cooking: air fryer, microwave, pressure cooker.</u>	Uses less energy to cook same thing
<u>Batch cook so multiple meals with same energy as single meal</u>	Reduce cooking frequency

For information sources & further information click the blue underlined links in this document.

Other Useful Sources

Centre for Sustainable energy

Energy Saving Trust (bottom of page)

Energy Saving Trust

Smart Green Shop Energy Monitor

[Energy Saving Myths](#)

[Videos on how to use Heating/Hot Water Controls](#)

[Get a smart meter to monitor electricity usage](#)

[Get a Smart Energy Monitor](#)

For information sources & further information click the blue underlined links in this document.