

THE LYDNEY ENERGY CHALLENGE

"Welcome to the Lydney Energy Challenge!

Over the next two weeks we are going to challenge you to become more energy efficient at home.

Every day we have set a simple energy task – if you complete the tasks you will earn points and hopefully learn a new energy habit. Saving energy is good for the environment and it's also good for your wallet as it will reduce your fuel bills!

Start the challenge today and then complete the tie-breaker on the back cover. There are prizes for the entrants who make the most changes to their home and also for the winning group. Good luck!"

DAY 1

Complete a Home Energy Check. Ask for help if you need it to answer all of the questions. When you put the form into the post give yourself one point.

1 POINT

DAY 2

Don't leave the fridge or freezer door open for too long. Each time you go to the fridge this week close the door quickly. For every minute the door is open the motor will run for three minutes. One point.

1 POINT

DAY 3

Leaving the TV, video or hi-fi on stand-by wastes lots of energy. Switch them off properly and start saving now for one point. Check how many appliances in your home are usually left on stand-by? Try to break this habit and save energy.

1 POINT

DAY 4

Where do you dry your washing? If it's inside your home do you let the damp air escape by ventilating properly? Condensation can be a real problem. Think about different ways to dry clothes to earn one point.

1 POINT

DAY 7

End of week one and half way through the challenge. Have a cup of tea to celebrate – but don't over fill the kettle. To earn a point today make sure that the kettle isn't over filled for the rest of the challenge. Only heat what you need.

1 POINT

DAY 8

Don't let taps drip. A dripping hot tap wastes energy. Don't use the hot tap if you are only rinsing your hands, you will be finished before the hot water reaches the tap. Earn one point today if you can brush your teeth without having the tap running. This is a great way of using less water.

1 POINT

DAY 6

Do you prefer a shower or a bath? A shower uses less than half the hot water of a bath so if you can, use the shower. If that isn't possible check that your hot water thermostat is set at 60°C and that the water tank is insulated. One point.

1 POINT

DAY 9

Check to see if you have an economy setting on your washing machine. Find out how many times a week the washing machine is used in your home. Wait until there is a full load or use a half load setting to save energy and earn one point.

1 POINT

DAY 11

Count up how many lightbulbs you use in your home. How many of them are low energy bulbs? Earn one point for each low-energy light you have in your home and think about how you could use less energy on lighting.

POINTS

DAY 10

If you live in a two storey house closing the doors to the rooms upstairs will help to keep the heat in the ground floor rooms. Make sure that doors to unused rooms are closed. See if the radiators in those rooms have individual thermostats that can be adjusted to save heat.

1 POINT

DAY 12

If your mobile phone charger is warm it's using electricity – even if the phone is not attached. Get into the habit of switching it off at the socket. This will not only save energy but extend the lifetime of the charger. Earn one point if you don't have a charger switched on all the time.

1 POINT

DAY 13

To earn a point today tell someone about the Energy Efficiency Advice Centre. Everyone can be more energy efficient, tell a friend or neighbour and give them the freephone number: 0800 512 012. They might even qualify for a grant to improve their insulation.

1 POINT

DAY 14

Reduce your room thermostat by 1° and save up to 10% of your fuel bill. Check other thermostats in your home. Can you make any savings there? Often we don't notice when things are turned down slightly. If you don't have central heating, think about other ways you could use less fuel to earn the last point of the challenge.

1 POINT

START

FINISH