

THE AMOUNT OF ENERGY I USE ~~WON'T~~ **COULD** CHANGE

ENERGY EFFICIENCY

Energy plays a vital role in our everyday lives - we use it for heating, lighting, transportation, the growing, harvesting, purchasing and cooking of food, and for manufacturing products as well as disposing of them. But we now know it also has a huge impact on climate change.

The biggest cause of climate change is greenhouse gas (GHG) emissions from human activity. Much of the energy we use today is made by burning fossil fuels such as coal, oil and natural gas, which releases harmful GHGs and pollutants, including carbon dioxide.

The threat of climate change means we urgently need to reduce the amount of energy we use and find more sustainable ways of making it in the first place.

Did you know...?



Most trips in England are made by car or van. Even for distances of just 1 to 2 miles, **over 60% of journeys are made by motor vehicle.** Time to swap the car for the bicycle?

Turning down your room thermostat by just one degree can save the same amount of energy over a year as is needed to make **310 loaves of bread** - and save your pocket around **£60.**

Running water uses energy too; to pump it to our homes, to heat it, and to sanitise it afterwards. **A running tap wastes more than six litres of water a minute,** so remember to turn off the tap while brushing your teeth.

When we talk about 'energy efficiency' we aim to use less power whilst still performing the actions we really need to. For the most part, we can do this by **REDUCING** how often or how much of something we use, or by **SWITCHING** to a suitable alternative. Sometimes, we can do both!

For example, we can reduce the amount of energy we use by turning the lights off when we're not in the room. We can also save energy by switching to low energy lightbulbs. We can then go one step further by switching to an energy supplier who provides 100% renewable energy.

In some cases, we can benefit from INSTALLING new technologies and materials to our homes to save energy, too.

A digital wall thermostat can give us better control over the temperature of our rooms, an air source heat pump could heat our homes, and insulation and draught proofing will prevent that valuable heat from escaping!

CLIMATE CONVERSATIONS



The Helma
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East
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District Council

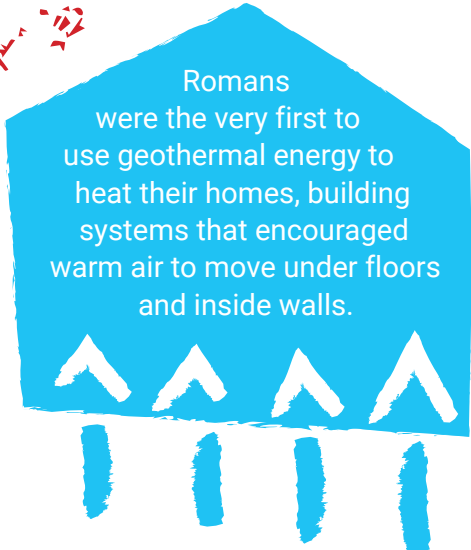
REMEMBER, EVEN THE SMALLEST OF CHANGES CAN HAVE A BIG IMPACT ON PROTECTING THE PLANET!

Energy can also be made from renewable sources. 'Renewables' take energy from natural sources that will never run out – the sun, wind, water and natural heat from the earth – and turns them into electricity. The good news is that in 2020, 42% of the UK's energy came from renewable sources. Making more of this type of energy and less from fossil fuels is extremely important if we want to combat climate change.


- What have you used today that needs energy to make it work?
- How often have you used it this week?
- Could you save energy by reducing how often or how much you use it?
- Could you be more energy efficient by switching to something that needs less energy?

Many energy providers now offer 'green tariffs', which means they can supply your home with **100% renewable energy**. Changing to a green tariff is easy and effective – you'll be able to power your home just the same, whilst saving carbon. Making this change also demonstrates that we want our energy to come from more sustainable sources!

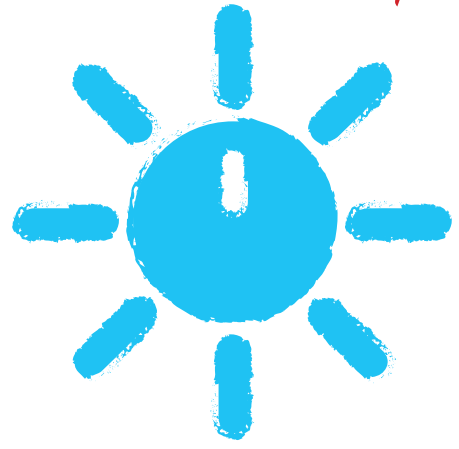
FUN FACTS!



Romans were the very first to use geothermal energy to heat their homes, building systems that encouraged warm air to move under floors and inside walls.



Wind energy is the largest source of renewable power in the UK. Almost 11,000 turbines both on- and off-shore, generate enough electricity each year to power over 18 million homes.



Every hour, the sun beams enough solar energy onto Earth to keep everyone on our planet supplied with electricity for an entire year.

DO YOU KNOW ANYBODY THAT USES RENEWABLE ENERGY?

This could be to run their car or to power their home! Why not have a conversation with them about it? How did they go about it? What are the benefits? Do they have any advice for others?

Useful Information

