

40 ways to Save Energy in the Home

HEATING

1. Close all curtains at dusk to keep the heat in and open sunny rooms' internal doors to let the warmth travel through your home.
2. Never open windows or doors to cool a room, turn down the heating instead.
3. Make sure your heating system is only on when you need it: adjust the timer/programmer until your heating is only on for the hours you need warmth. Try switching it off ½ hour before you go out or go to bed, saving both money and energy.
4. Turn down the room thermostat by 1°C and save up to 10% on your fuel bill - 21°C is recommended for your living room and 18°C for your hall. If you are elderly, sick or very young you may need extra heat, but take care not to over-heat babies.
5. If hot water is heated separately to the central heating, turn off central heating pilot light in the summer.
6. Boilers operate more efficiently and safely when serviced regularly.
7. Reflective panels behind radiators can reduce energy consumption and shelving over radiators and storage heaters can deflect heat into the room.
8. Furniture which is in front of heaters or radiators blocks the heat from the rest of the room and can damage it – so move furniture (and curtains) away from heaters.

HOT WATER

9. Check that your hot water tank thermostat is set no higher than 60°C: this is hot enough for hot water; setting it higher increases the risk of scalding and wastes fuel.
10. Only heat water when you need it. Don't leave water heaters on constantly day and night. The use of a timer with an immersion heater will help to control how much electricity you're using.
11. Lag your hot water tank with an 80mm jacket.
12. Make sure hot water taps are always turned off properly. Dripping taps waste water and energy.
13. Put the plug in the sink or use a bowl when washing hands or dishes: running the hot tap can be very wasteful.
14. Having a 5 minute shower costs approx. 5 times less than a bath.

COOKING

15. Cook as much as possible at the same time: using divided pans or steamers. Also, cook several dishes at the same time in the oven and freeze extra portions.
16. Choose the right sized pan and cooker ring for what you are cooking – on a gas cooker the flames should not cover the sides of the pan.
17. Always put lids on pans and once boiled, turn down the

heat to a gentle simmer.

18. Try not to use too much water – most vegetables only need to be just covered.
19. Cut food into smaller pieces as it cooks quicker.
20. Cook small things like chops under the grill rather than in the oven.
21. When preparing food, use manual utensils whenever possible.
22. Pressure cookers and slow cookers are more energy efficient than convection ovens and microwave ovens are especially efficient for heating single or small portions.

DOMESTIC APPLIANCES

23. Never put hot/warm food straight into the fridge/freezer.
24. Defrost fridge/freezer regularly – this keeps it running more efficiently.
25. Site fridge/freezers away from the cooker – if this is not possible leave a good gap.
26. When replacing a fridge/freezer, choose one which is not too big for your needs.
27. Always load/unload fridges/freezers quickly: for every minute the door is open it takes 3 minutes to regain the lower temperature.
28. Keep your fridge/freezer around 3/4 full for best efficiency.
29. When using a kettle only use as much water as you need.
30. If you have a dishwasher, wait until you have a full load before using it and rinse plates first with cold water, before using the economy or quick wash setting.
31. When washing clothes, wait until you have a full load or use a half load/economy cycle. Wash on a lower temperature setting of 30 or 40 degrees.
32. Dry washing outside if possible.
33. When buying appliances look for an energy efficiency label: these are cheaper to run.
34. Iron clothes damp, on a low temperature setting where possible and do fewer, longer sessions.
35. Turn TV's/video recorders/stereos off properly when not in use – leaving them on standby wastes energy.

LIGHTING

37. When a light bulb goes, replace it with an energy efficient bulb which lasts up to 12 times longer and uses about one fifth of the energy.
38. Turn out lights in empty rooms (but make sure that areas like stairs are adequately lit).
39. When decorating choose pale colours for walls/ceilings: you may need less lighting.

GARDENING

40. When gardening/DIY use manual tools wherever possible

For more information on anything in this Newsletter, or on the work of the Parish Council in general, please contact the Parish Clerk, Sue Hanman, on 01453 548884, email clerk@camparishcouncil.gov.uk or call in at the Council Shop at 22 High Street (open 10am – 1pm Monday – Thursday)

cam

parish newsletter

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www.camparishcouncil.gov.uk

Introducing the Sustainability Committee



'Making Cam greener' is the purpose of Cam Parish Council's newest committee, devoted to increasing the sustainability of our community. Sustainability was defined by the UN in 1987 as "development that meets the needs of the present without compromising the ability of future generations to meet their own needs". Sustainability has come to mean ensuring that resources used are not substantially depleted by continuous use; activities do not entail the emission of pollutants or other hazards on the environment on a substantial scale; and the use of resources do not involve the perpetuation of substantial health hazards or social injustices. Another way of looking at it is to try our best to make Cam a nice place to live for our children and their children.

So far the committee has concentrated on energy. We all know that energy prices are now unstable but are likely to keep rising in the long term. This is because the world is running out of oil and cannot get it out of the ground as fast as it is needed. We also hear a lot about global warming, environmental harm on a global scale, caused by the burning of fossil fuels. Reducing the amount of energy we get from oil and gas must be a good thing.

Cam Parish Council has formed a partnership with the Severn Wye Energy Agency through which it has paid for energy audits for all of the village halls, churches and schools that wanted it. Using the information in the reports their managements have been able to plan to reduce their energy bills. The council is now offering grants to pay for some of the improvements suggested. We can look forward to warmer village facilities using less energy than before.

The Council is also trying to help households reduce their bills. For example, we have circulated a questionnaire to most households in Cam that lets them get a personalised energy report from Severn Wye Energy Agency with energy saving tips. As a result some households in the village have been able

to get improved insulation at no cost.

Many more families and individuals could be able to get their houses insulated at reduced or no cost. Please ask in the Council shop for details.

Cam has also entered a 'team' of households in the Energy Neighbourhood Challenge with a view to reducing their overall energy use by at least 10% - please see separate article for further information

Beyond energy, the Sustainability Committee will be trying to make it easier and safer to walk and cycle in the village, particularly to and from our schools. We hope that this, and other steps we take, will encourage people to leave their cars at home more, saving petrol costs and reducing pollution.

We've also considered recycling opportunities but these can be expensive and difficult to organise so no progress has been made yet. That does not mean we will give up trying.

The Parish Council is keen to hear your ideas about how the parish can work more sustainably so if you have any ideas about how to reduce the amount of materials we use, how to increase the re-use of materials or how to better recycle materials we want to hear from you. Please contact the Parish Shop on the High Street.



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Cam & Dursley Night Bus

As part of its efforts to encourage a more sustainable community, and to help local people access leisure facilities not available locally, the Parish Council has worked with Dursley Town Council, Uley Parish Council and Stroud District Council to reintroduce the Night Bus to Stroud. After a lot of hard work, the service started again in September, operating only on Friday evenings for the time being. This has been made possible through funding committed by both Cam Parish and Dursley Town Councils, plus some additional support from the District Council. The service has to date been operating between Slimbridge and Stroud, serving all normal bus stops through Cam, Dursley, Uley, Nymphsfield and Selsley.

Local people of all ages have been able to take advantage of it to visit venues such as the cinema, bowling alley and pubs and restaurants (both in Stroud and at various points on the way). From 2nd January, we are hoping to extend the route to take in Nailsworth and Forest Green, which will not only give people in those communities access to transport into Stroud, but will also allow the people of Cam & Dursley the chance to visit the various pubs, restaurants etc in Nailsworth, where, for example, they may be able to enjoy a meal and a glass of wine without having to worry about arrangements for the homeward journey – GIVE IT A TRY!

Energy Neighbourhoods

Cam is lucky to have been able to take part in the Energy Neighbourhoods Challenge, which is a European-wide initiative aimed at reducing the use of energy in the home. Groups of households (we have 19 households in the Cam Neighbourhood) will compete against each other over a period of six months to see which can reduce its overall energy consumption the most by behaviour change. This means by changing small things in the way we use energy, rather than by making large and costly changes – for example, using low energy bulbs, drawing curtains at dusk, switching off stand-bys etc. Each household has supplied details of energy meter readings from at least 1

year ago and, since 1st November, is reading its meters on a regular basis. This information is entered on the Energy Neighbourhoods website, where a clever tool calculates the % reduction (or increase) in energy use. The project is being co-ordinated by Severn Wye Energy Agency, which provides regular advice and tips, plus some useful equipment to help the project along. At the end of the six months, the winning 'Neighbourhood' will be invited to send representatives to an awards ceremony in Brussels. We hope that, through this initiative, we will be able to share ideas and best practice and so encourage many more households to save energy and reduce their fuel bills.

New Play Equipment at Cam Green

There are many ways in which we can help make our community more sustainable, and one is by providing as many facilities within the community as possible, so reducing the need for local people to travel out of the village to find them. This includes facilities for children to play, which ideally should be provided at various sites so that families always have something within reach. One of our play areas, at Cam Green, was showing signs of age, so a decision was taken earlier this year to

replace the equipment with something more interesting. We are now delighted to be able to 'unveil' the result – a selection of equipment for children from pre-school to around 12 years of age which includes a swing, multi activity unit, spring rockers, interactive panels and a very popular playhouse with slide. Early feedback is that it is popular with the children, so we hope that it will continue to be well used and provide many hours of enjoyment for all local children.



Cam Parish Council is Here to Serve the People of Cam!

PLEASE CONTACT US WITH ANY CONCERNS ABOUT ISSUES IN THE PARISH

These may be matters for which the Parish Council is directly responsible, or where we can work with other authorities such as the County or District Councils

WE ARE AT:
22 HIGH STREET

OUR OFFICE OPENING TIMES ARE:
10AM – 1PM MONDAY TO THURSDAY

The Clerk to the Council is Mrs Sue Hanman – She and other members of staff, Deputy Clerk Mrs Jenny Walkley and Clerical Assistant Mrs Anne Clarke, will be happy to help you with any queries

YOU CAN PHONE US ON:
01453 548884

YOU CAN EMAIL US AT:
clerk@camparishcouncil.gov.uk

YOU CAN VISIT US ON LINE AT:
www.camparishcouncil.gov.uk

Parish Councillors are also happy to help. There are 4 councillors for each ward within the parish as follows:

LOWER

Mr D Andrewartha 12 Spark Hill
Tel. 547251
dennis.andrewartha@gloucestershire.gov.uk

Mr J Tyndall 56 Manor Avenue
Tel. 519609
jeff.tyndall@camparishcouncil.gov.uk

Mr J Fowles 35 St Bartholomews Close
Tel. 548529
cllr.John.Fowles@stroud.gov.uk

Dr K Pearce 1 Draycott
Tel. 544629
keith.pearce@camparishcouncil.gov.uk

WOODFIELD

Vacancy

Mr D Pritchard 26 Woodfield Road
Tel. 543994
david.pritchard@camparishcouncil.gov.uk

Mrs J Sherman 48 Woodfield Road
Tel. 549648
julie.sherman@camparishcouncil.gov.uk

Mr N Ledoux 14 Jubilee Close
Tel. 548443
nigel.ledoux@camparishcouncil.gov.uk

CENTRAL

Mrs J Daniel 16 Station Road
Tel. 545214

Mr J Hudson 15 Beyon Drive
Tel. 546098
cllr.john.hudson@stroud.gov.uk

Mrs B Powell 4 Tyndale Road
barbara.powell@camparishcouncil.gov.uk

Mr R Sherman 48 Woodfield Road
Tel. 549648
ray.sherman@camparishcouncil.gov.uk

UPPER

Ms M Clifton 34 Everlands
Tel. 545512
miranda.clifton@camparishcouncil.gov.uk

Mr B Whatling 6 Rock Road
Tel. 547437
brian.whatling@camparishcouncil.gov.uk

Mrs M Nolder 'Latchets' 5 Green Street
Tel. 543452
margaret.nolder@camparishcouncil.gov.uk

Miss J Pearce 1 Draycott
Tel. 544629
jane.pearce@camparishcouncil.gov.uk