




Protect the environment,
save energy and money!



**Cherwell local
strategic Partnership**



Cherwell
DISTRICT COUNCIL
NORTH OXFORDSHIRE



This leaflet gives ideas and information on what you can do to tackle climate change and save energy along the way.

It is jointly produced by Cherwell's Local Strategic Partnership and its subgroup, the Cherwell Climate Change Partnership. We recognise the increased and urgent priority given to climate change – both in reducing emissions and preparing for more extreme weather events such as floods.

But we cannot do this alone, that is why working in partnership with residents and the business community of Cherwell is so important. We know we need to work together on climate change.



Barry Wood
Cherwell Local
Strategic Partnership
board member

**Local Strategic
Partnership**



What you can do about climate change

Carbon dioxide is the main gas contributing to climate change and the level of emissions will only rise if we continue to live as we do.

The likely impacts of climate change are serious but we can play a part in the fight back against it and at the same time save some money.

As a resident, homeowner or tenant, reducing your energy use is one of the most important things you can do.

Time and effort invested in making your home more energy efficient will considerably reduce your carbon output and can also lead to significant savings on your utility bills. So everybody wins!

Facts and Figures

- Around 45% of the UK's carbon dioxide emissions actually come from energy we use every day - at home and when we travel.
- The average household spends £1,000 on energy each year, over 50% more than an energy efficient home.

(Source the Energy Saving Trust)

How to get the most out of this guide

We have structured this leaflet into five different sections: Energy, Waste and Recycling, Food, Travel and Water. In each of these sections we offer different levels of advice:

- £ **quick fixes** – advice that focuses on behaviour change around the house
- £ **medium investment** – advice that helps reduce carbon and save energy. This may involve some financial cost such as buying energy saving light bulbs.
- £ **high investment** – advice that involves initially substantial investment costs but also allows, in some cases such as solar panels, for income generation

Energy

The biggest long-term savings come from changing your energy habits and being more energy efficient around the home.

As you start to see savings it's a good idea to re-invest this money in energy saving products and appliances to reduce your energy consumption even further. The long-term savings will more than pay for the cost of buying and installing these measures.

£ Turn down your thermostat. Reducing your household temperature by 1°C could cut your heating bills by up to 10%.



£ Is your water too hot? Your cylinder thermostat should be set at 60°C.



Bridget Richardson,
Oxford and Cherwell Valley College

“Here is my top energy-saving tip - try to avoid putting hot or warm food straight into the fridge as this increases the energy required to keep the contents cold.”

£ Always turn off the lights, TV, computer and other appliances when you leave a room. Leaving appliances on stand by costs an average household, £200.00 per year.

£ Washing your laundry at 30°C can save you 40% of the electricity used to wash at 40°C and always wash a full load as this will use less water than two half loads.

£ An energy saving light bulb uses 20% of the energy of a traditional light bulb, lasts 12



times as long and can cut up to £7 off your annual electricity bill.

£ Washing dishes in energy efficient dishwashers is more water-efficient than washing dishes in a sink! This is great but you should only wash a full load.

£ Fit a British Standard insulating jacket for your hot water tank. They are around 7.5cm thick, cost around £10 and can cut bills by up to £15 a year.

£ Look at insulating your home further. Up to 33% of heat is lost through the loft and 25% of heat is lost through exterior walls.
www.cocoonyourhome.co.uk

£ You can benefit from a feed in tariff if you generate your own electricity by installing solar panels.
www.energysavingtrust.org.uk



Susie Ohlenschlager,
Oxfordshire County Council

“How about using the solar-powered tumble drier (my washing line) every day the sun is shining? That saves me a lot of money.”



energy saving trust™

Energy-efficient appliances are easy to identify by the labels attached to them. You should look for the blue Energy Saving Recommended logo, the Energy Star symbol and the EU energy rating label.

One of the most helpful indicators is the EU energy rating label which displays an efficiency rating from A to G with A being the most efficient. An A-rated appliance will consume about half the power of a G-rated model. All appliances being sold by a retailer in the EU must display this label by law.

Water



Cllr Nick Harrison,
Banbury Town Council

“Through the local “In Bloom” initiative Banbury has significantly reduced the amount of water used by replacing all wire hanging basket units with self watering reservoir units.”

£ A dripping hot water tap wastes energy so make sure you fix leaking taps and that they are fully turned off.

£ Up to nine litres of water can be used in a single toilet flush - use water hippos or Save-a-flush to reduce water consumption. You can get those free from your water company.



£ Showers can use between six and 45 litres a minute. By fitting a water-efficient shower head you can save water without changing your showering habits.



£ Collect rainwater by investing in a water butt – you could water your garden, your houseplants, or wash your car for free!

Reduce, reuse and recycle

£ Reduce the amount of unwanted mail through your letter box by registering with the Mail Preference Service www.mpsonline.org.uk

£ Buy loose fruit and vegetables where possible to avoid excess packaging such as plastic trays, cartons and film.

£ Re-use and refuse plastic carrier bags

£ Find out how to recycle batteries, glass bottle and jars, household items, electrical items, bicycles and virtually anything else here: www.cherwell.gov.uk/recycling

£ Remember to put all your cooked and uncooked food waste in the brown bin – we will make compost from it and save money in landfill charges.



Martyn Grant,
Thames Valley Police

“Here at Thames Valley Police we have set up recycling schemes for all the offices and have heavily reduced the amount of waste going to landfill. Recycling is better for the environment and saves us money.”



Food



£ Grow your own vegetables, even if space is limited, you can still grow potted herbs.

£ Write a shopping list to ensure you only buy what you need, avoiding wasting food and saving money.

£ Compost food waste at home, or use Cherwell's free brown bin collection service so that food waste is composted rather than going to landfill.

£ Have milk delivered to support local dairy farmers and reduce waste. Glass milk bottles can be re-used 20 times before they are recycled.

£ Reduce food miles by purchasing UK-grown, seasonal fruit and vegetables and buy food from a farmers market, farm shops and other outlets selling locally-produced food and drink.

£ Sign up for an organic vegetable box. Local box schemes can be found at www.local-food.net and www.bigbarn.co.uk. Just type in your postcode for details.



Chris Johnson,
Bicester Town Council
Cllr. Carol Steward,
Bicester Town Council /
Cherwell District Council

"We just have to recommend a visit to the Bicester Farmers' Market – that is the place to get fresh and local food."



Travel

£ Try walking or cycling short distances – it will save you money and be good for your health.



£ Looking for a way to get from A to B by train, coach or with your bike? Travel direct gives you all the information you need www.transportdirect.info

£ Consider car sharing. Take a look at the following website for car-shares in Oxfordshire www.oxfordshirecarshare.com

£ If you have to drive you can save around 13% of your fuel costs by keeping your distance from other vehicles and not accelerating or braking excessively.



Anton Nath,
Oxfordshire Rural
Community Council

“Why not walk the kids to school or walk to work instead of driving? Even just once or twice a week can make all the difference. You might even surprise yourself and enjoy the change as it becomes part of your routine.”



Useful links

These are just a few of the many resources available on the web:

www.1010global.org/uk

Is a movement of people, schools, businesses and organisations cutting their carbon by 10% in a year.

<http://actonco2.direct.gov.uk>

Act on CO² can help you find out what your carbon footprint is and how you can make some simple changes to help tackle climate change.

www.bigbarn.co.uk BigBarn can help you find your local food producers.

www.biggreenswitch.co.uk Big Green Switch provides green-living information including energy-saving tips, recycling advice, money-saving ideas, waste reduction, water saving and clean transport tips.

www.climatex.org ClimateXChange community based projects for Oxfordshire.

www.coinet.org.uk Climate Outreach and Information Network.

www.decc.gov.uk Department of Energy and Climate Change.

www.defra.gov.uk Department for Environment Food and Rural Affairs.

www.energysavingtrust.org.uk Energy Saving Trust, provides information and advice on how you can be more energy-efficient in your home.

www.energysavingsecrets.co.uk Energy Saving Secrets is a reference point for consumers on saving money and the environment.

www.environment-agency.gov.uk

Environment Agency, provides information on rivers, flooding, and pollution.

www.gardenorganic.org.uk Garden Organic, a UK-based organic growing charity.

www.liftshare.org Liftshare a national network of online car-sharing systems.

www.lowcarbonlife.net Low Carbon Life gives detailed advice on how you can reduce your carbon emissions.

www.stopclimatechaos.org Stop Climate Chaos Coalition is dedicated to action on climate change and limiting its impact on the world's poorest communities.

www.sustrans.org.uk Sustrans: designs and builds routes for cyclists, walkers and people with disabilities.

www.ukcip.org.uk UK Climate Impacts Programme helps organisations assess how they might be affected by climate change.

www.usea.org.uk United Sustainable Energy Agency offers sustainable energy solutions to individuals, businesses and organisations. Local operator for Energy Saving Trust.

www.waterwise.org.uk Waterwise provides impartial advice to householders, businesses and schools on water efficiency and associated products.

Cherwell Climate Change Partnership

The Cherwell Climate Change Partnership is one of the delivery groups forming part of the Cherwell Local Strategic Partnership. Our aim is to deliver environmental benefits within Cherwell, encouraging individuals, communities, organisations and businesses to play their part. We want to raise awareness of climate change and its associated risks and opportunities across all sectors of Cherwell.

Members of the Cherwell Climate Change Partnership include:

- NHS Oxfordshire
- Banbury Town Council
- Banbury Chamber of Commerce
 - Bicester Town Council
 - Bicester Chamber of Commerce
 - Bicester Youth Council
 - Kidlington Parish Council
- Oxfordshire Rural Community Council
- Thames Valley Police
 - Cherwell District Council



How to contact us

Environmental Services
Department,
Cherwell District Council,
Bodicote House,
Bodicote,
Banbury,
Oxfordshire,
OX15 4AA

Tel: 01295 221940

Cherwell Local
Strategic Partnership,
c/o Cherwell District Council,
Bodicote House,
Bodicote,
Banbury,
Oxfordshire,
OX15 4AA

Tel: 01295 221751



Mixed Sources

Product group from well-managed
forests, and other controlled sources
www.fsc.org Cert no. TT-COC-002639
© 1996 Forest Stewardship Council

Printed on recycled paper

ENV0211

Call **01295 221940**
or visit **www.cherwell.gov.uk**

The information in
this document can be
made available in other
languages, large print
braille, audio tape or
electronic format on
request. Please contact
01295 227001

Jeżeli chcieliby Państwo uzyskać informacje w innym języku lub w innej formie,
prosimy dać nam znać. 01295 227001

ਜੇ ਇਹ ਜਾਣਕਾਰੀ ਤੁਹਾਨੂੰ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਜਾਂ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਚਾਹੀਦੀ,
ਤਾਂ ਇਹ ਸਾਥੋਂ ਮੰਗ ਲਓ। 01295 227001

如欲索取以另一語文印製或另一格式製作的資料，
請與我們聯絡。01295 227001

اگر آپ کو معلومات کسی دیگر زبان یا دیگر شکل میں درکار ہوں تو برائے مہربانی ہم سے پوچھئے۔
01295 227001