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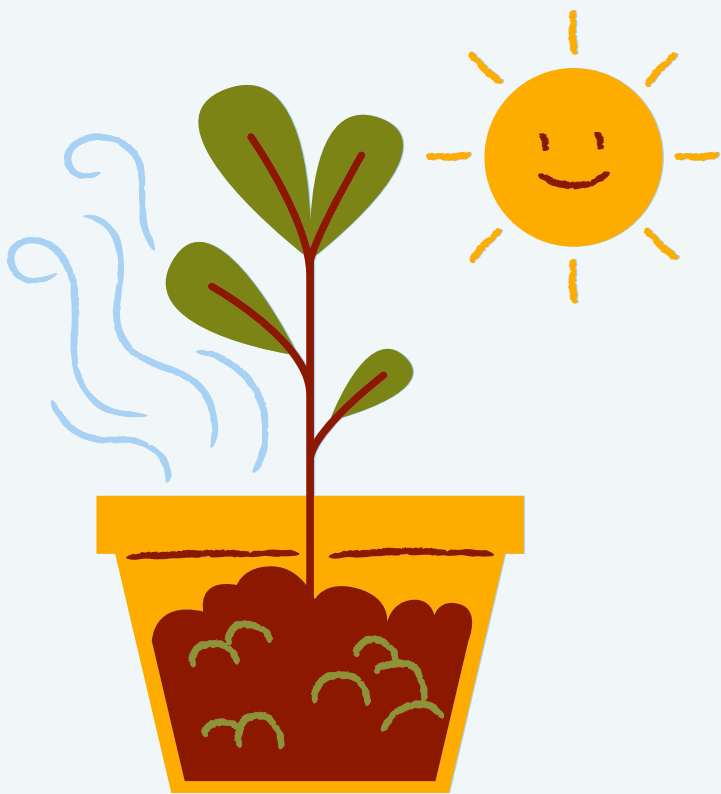
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**Saving Energy
and Money: helpful
tips from communities
in Scotland**

Tips for saving energy



Individuals and communities cannot fix the climate emergency alone because it also needs businesses, industry, national and local governments to take action. However, we can still help by taking our own small and everyday actions, and by pressuring our politicians and services to do more.

This guide is full of helpful hints on easy changes you can make to save both energy and money.

We hope you find it useful.

“

Switching to more sustainable products has saved me so much money and helped to reduce my plastic waste. I just wish I had done it sooner!

”

Tips for keeping warm and saving energy

We have been speaking to people across Scotland about their hints and tips for saving energy. Lots of people have told us some tips for things you can do to keep warm in your home:

- Keep active – even in the house, get up, walk around, go up and down the stairs or do a quick household task (this can also help make ‘doing the housework’ more manageable – dividing it into short individual tasks rather than a day’s marathon!)
- Garden jobs – if you feel energetic, get out and sweep or rake some leaves – even for 5 minutes – it will warm you up
- Pop an extra quilt or blanket on at night
- Use a hot water bottle
- Use an electric blanket to heat your bed not your room
- Have hot drinks or soup throughout the day
- Eat regular meals and enough carbohydrates (pasta, rice, potatoes, bread)
- Take turns at a friend or neighbour’s house – share coffee and cake or lunch, so only one lot of heating and cooker needs to be on

Energy myth busting

“Most heat escapes through windows” – Actually, most heat escapes through walls if you don’t have good insulation. But closing curtains at night definitely helps keep the heat in.

“Phone and laptop chargers don’t use energy if not connected to a device” – False – switch off at socket, and unplug as soon as device is charged. (Also a fire hazard.)

“Switching lights on and off uses more energy” - False

“LED bulbs are more expensive than standard ones” – False, they can last for up to 20 years, so pound for pound they are cheaper.

“Turning up the thermostat will heat the room up quicker” – It will still take the same amount of time, but you will end up using more energy if heating the room to a hotter temperature.

“Keeping the heating on low all the time will save energy” - Probably not – if you have good insulation.

“Central heating is the best option” - Not always – no point in heating all rooms in the house if you’re not using them. Make sure central heating radiators have individual thermostats.

“Washing dishes by hand saves hot water” – No – if you have a dishwasher, it’s more economical to run this when full than to wash dishes by hand.

Social spaces

Many communities across Scotland have organised 'social spaces' that anyone can drop into, to save energy costs and stay connected. If you want to start your own social space here are a few tips:

Where: Public libraries, community centres, cafes or pubs. Try to find a space that most people can access, and talk to people about how to make it more accessible for everyone.

Covid-safety: Think about ventilation, wipe-clean furniture, and spacing out seating so there's some distance.

Things to do: These spaces can be even better if they can offer hot drinks, snacks, internet access, charging points, or activities like knitting groups or film screenings. Many spaces also offer children's activities or games. Think about what people in your community might like to see.

If you're thinking about starting a social space in your area, this guide has lots of advice: 'A Warm Welcome. Setting up a warm space in your community' at www.cilip.org.uk/page/warmspaces2022.

It has information on heating costs, health and safety, accessibility and more.



Community Transport

Many people across Scotland use community transport, car sharing or cycling to get around. These trips can be to medical appointments, social engagements, school or to group activities.

One great example is Beeline Community Transport in Moray. The voluntary organisation helps local people attend medical appointments, continue to be part of social clubs to avoid being isolated, take people on outings to make new friends and help people access the post office or shops in nearby villages.

We know that in many rural areas public transport is often harder to access and more difficult to rely on. In Eaglesham in East Renfrewshire villagers came together to create a car pooling Facebook group where those who drive offer lifts to the train station 4 miles away.

In Shawlands in Glasgow a bike bus helps local children get to school whilst staying active. A group of adults and children cycling, scooting or wheeling come together every Friday morning along a road that would otherwise be too dangerous.



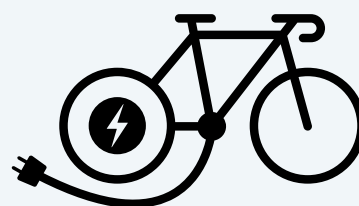
E-bikes and cycling

The LINKS Eyemouth project supports local families to connect through healthy, low-budget food. It was fortunate enough to receive funding from National Lottery 'Together for a Better Planet' to buy an e-cargo bike.

This enables volunteers to deliver recipe bags in the local area without adding to harmful emissions from cars. The team is now working with partners to coordinate wider lending to other groups.



Sea the Change in Eyemouth has recently received funding to coordinate a bike loan scheme for children, as well as cycle maintenance training for high school pupils. This ties in nicely with the new Kirkpatrick C2C cycle route which stretches 250 miles from Stranraer to Eyemouth.



Lending libraries

Libraries across Scotland lend out lots of different things - not just books.

Libraries in East Renfrewshire have started various 'swaps' over the last few years. They run a 'Welly swap' for children's wellington boots, with no need to donate a pair to get a pair. They also do a Halloween costume swap in October to help people recycle costumes and save money. The libraries also run a hearing aid initiative where you can collect hearing aid batteries.

Thornliebank Library even offers a Seed Library where they are collecting, storing and giving out flower seeds to the local community.

Nine Scottish Public Library Services provide free access to equipment to repair, reuse, and upcycle everyday items through their Lend & Mend Hubs. The Lend & Mend Hubs make up a 'network' of sustainable, circular Hubs throughout Scotland.

Other types of libraries exist too. Southside Seeds in Glasgow runs a tool library where you can borrow over 500 tools! They even run workshops where you can learn new skills with their tools like how to put up a shelf.

Alternative cooking methods

Air fryers and slow cookers have become very popular over the last few years but a lot of people still don't know how they work.

Air fryer

Air fryers are small convection ovens and can be used as an alternative to a standard oven or a deep fat fryer. The internal cooking chamber radiates heat near the food and then a fan moves the hot air around the food. An air fryer is ideal for cooking crispier, healthy meals with less energy. You can cook a variety of things in an air fryer like meats, vegetables and even scones! Air fryers are about 50% more energy efficient than ovens and use less time to cook.

Slow cooker

Slow cookers are designed to cook food slowly, at a low temperature and keep it hot. Although slow cookers take longer to cook food, they are often rated at as little as 200 watts, making them one of the most energy-efficient appliances in your kitchen – a tenth of some electric ovens. An average-sized slow cooker uses just 1.3 kWh per meal, which comes in at around 45p on the current average energy tariff.



Draught excluders

Making a draught excluder can be a cheap and cheerful project you can work on - even with children. The simplest form can be made using a leg of old tights, stuffing it full of torn up rags, and tying a knot in the end.

Our friends at ReTweed in Eyemouth came along to the LINKS group to teach people how to make an upcycled draught excluder using old clothing.

Participants were guided through how to make their own bespoke draught excluder repurposing materials they may already have to make a useful, beautiful item that will help keep the warmth in and the cold out!

Utilising old trousers, old denim jeans, old jumpers or old curtains people came up with a unique item, focussing on hand stitching skills, learning a basic straight stitch with the option to further embellish their draught excluder with buttons or other trims.

There was also the option of no-sew techniques for those not comfortable using a needle and thread.



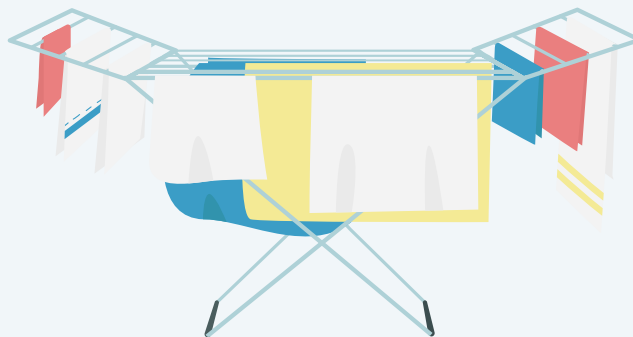
Tips for drying clothes this winter

Drying clothes can be tricky during the colder months when the weather is often too wet for hanging outside.

A tumble dryer can be expensive to run, as can heated drying rails.

Some of the tips we have heard:

- Start the wet clothes off in airy space – ideally in well-ventilated room, to avoid mould/condensation
- Finish off in dryer if you have one OR fold/drape the clothes on a rack or chair when almost dry to ensure they dry properly
- One of the tips we have been hearing is to move your drying rack to your kitchen if you have a safe space. Leaving the oven door open after using it can be a useful way to use this built up heat to heat the room or dry some nearby clothes



Temporary secondary glazing

We have been speaking to people about how they keep their homes warm in winter and the colder months. A lot of people told us that they did not have double glazing. Single glazed windows only have one pane of glass and in colder months this means that the heat can escape through the glass very quickly.

One helpful DIY tip is to make your own secondary glazing.

If you simply purchase a sheet of Perspex you can 'create' your own double glazing.

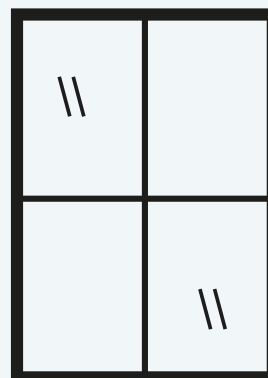
- Buy a sheet of Perspex that fits on top of your existing single glazed window and attach using magnetic strips
- This will limit draughts and warm air escaping

This is not as good as double glazing but a quicker and cheaper solution that might help some folk.

Cost on Amazon:

Perspex sheets: £9 - 30

Magnetic strips: £7



Using battery powered lights

Using battery powered lights can be a great way to keep energy costs down. We know that people are concerned about their energy bills and battery powered lights can provide an alternative in your home to 'the big light'.

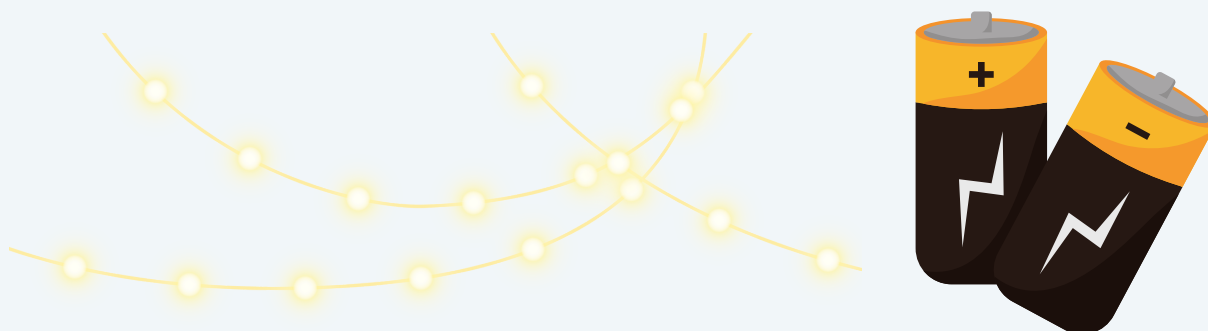
These battery powered lights can come in various forms like normal style lamps, light up candles, automatic sensor lights or even fairy lights!

The electric candles can be safer for your home and your family whilst still being aesthetically pleasing!

You can even find out where to recycle batteries on the Recycle Now website:

<https://www.recyclenow.com/recycle-an-item/batteries>

You can get table lamps from as low as £10 online, with some having daylight sensors which only activate in darkness, saving the life of the battery.



Laundry changes

You can make easy changes to the way you do your laundry to be more sustainable.

One way is to swap out your detergent for a laundry egg. Laundry eggs last for around 70+ washes and replace detergent and softener, reducing plastic waste. Once the egg is empty you buy a refill of your choice and the egg is ready to go again! Laundry eggs usually cost around £9 and you place them in your machine with your laundry and then remove to dry out before using for your next load.

In areas with softer water like Scotland you don't need as much detergent to clean your clothes. You can try using a 30 degree washing cycle for your laundry and a minimum length to be more environmentally friendly and save money!

A few folk have told us that they have been using Smol products, reducing their plastic consumption. You can get cleaning products delivered in sustainable packaging that is recyclable and compostable. You can find out more on their website:

<https://smolproducts.com/blogs/mission>



Period products

Reusable period products are kinder on the environment and often kinder on your body whilst saving you money. Period pants can generally be worn for up to 12 hours and the pants themselves can be kept for up to 5 years. Each pair absorbs the equivalent of 4 - 5 tampons and are usually made with organic cotton and biodegradable materials.

To reuse them you simply rinse with water and then wash at 40 degrees. You can also get reusable pads made with the same material which clip onto your pants. Period cups can be used as an alternative to a tampon and can be safely left in for up to 10 hours and also absorb the equivalent of 4 - 5 tampons.

Period products like disposable tampons and pads can be found for free in Scotland in schools, public buildings and community buildings and you can often find free period pants and period cups too.

Reusable make-up wipes

Instead of using cotton pads or make-up wipes to clean your face you can buy washable pads or cloths. These will help cut down your daily waste and can be washed at 40 degrees in with the rest of your whites or colours.

These make-up pads are becoming more popular and can be found in high street stores like Superdrug or you can even make your own!





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An Outside the Box project, funded by the Scottish
Government Climate Engagement Fund

Communities committed to climate action



Scottish Government
Riaghaltas na h-Alba