



Plumpton Village Action Plan

Going Green: an information resource for the local community

Welcome

Many people want to reduce their impact on the environment and their carbon emissions but do not know where to start. Unsurprisingly rural communities like ours are often more motivated to take action than towns. However, they often face particular challenges such as greater dependence on cars, older houses, and reliance on less efficient oil boilers. The Village Action Plan survey made clear the level of local interest in making Plumpton greener.

These pages are intended to give Plumpton households some basic information to help them decide what makes most sense for them and where to go to find more information and advice, a lot of it available locally. Just click on the links to find out more.

Some of what follows is just common sense, some ideas and technologies might be less familiar. Many of the actions outlined will save you money in the longer run even if they require up front investment. Even if oil prices have mercifully dropped from their peaks in 2008 the long term trend will be up as more of the world's growing population competes for limited supplies of fossil fuels. What action your household takes is your choice. These pages start from the simple principle that better information is likely to lead to better choices benefiting you and the village as a whole. Whatever you decide to do to make a difference you can do so in the knowledge that there are plenty of others in our community thinking the same way and ready to share their experience and offer advice. Read on and follow the green links in the text (press Ctrl and click or find the website addresses in the annex.)

Did you know...?

- Over 40% of the UK's carbon dioxide (CO₂) emissions, the main greenhouse gas which causes climate change, actually come from the things we do every day.
- 50% of heat loss in a typical home is through the walls and loft.
- Heating and lighting the average home efficiently can save up to £300 a year.
- Each household in the UK creates around six tonnes of carbon dioxide a year. That's six times the weight of the rubbish a household throws away in a year. It's also double the carbon dioxide emissions that the average car produces in a year.
- If everyone in the UK installed just one energy saving light bulb, we'd save enough CO₂ to fill the Albert Hall over 1,900 times.
- **Smarter driving** could save you a month's worth of fuel a year.
- Taking the train to Paris instead of flying cuts CO₂ emissions per passenger by a staggering 90%.

General sources of advice to get started

There is plenty of reliable advice from organisations backed by the government. The government's **Directgov** portal is an easy way to get started as is **Act on CO₂** and the



Energy Saving Trust. Each offers practical advice on reducing the impact of most aspects of our daily lives.

Try this **carbon footprint calculator**. Or **this one**. Alternatively phone the Energy Saving Trust and Act On CO2 advice line on **0800 512 012**.

Local Advice

Lewes District Council has a wealth of advice and information on climate change and energy efficiency, including grants for loft and cavity wall insulation (those over 60 or on certain benefits can get more). **Click here** for more information or phone **01273 471600**.

Transition Town Lewes (TTL) is a local response to the challenges of climate change and energy costs. People from all walks of life with varying degrees of commitment are involved in TTL, including a number of Plumpton residents. If you want to learn about or get involved in local initiatives on anything from car clubs to recycling then **click here**.

East Sussex County Council's green living page offers a whole range of links to advice on transport, business, conservation and much more.

The Ouse Valley Energy Services Company Ltd (OVESCO) was formed in 2007 by a group of Lewes residents to deliver a range of energy saving, renewable energy and related projects to the residents of the Ouse Valley & East Sussex. Contacting OVESCO is a must for anyone locally looking at investing in renewable energy and energy efficiency for the home and other buildings. As well as information on different technologies and options you can get advice on grants from local and central government sources.

Your house

- **Keeping heat in:**
 - About a third of heat lost from a house is through the walls. Cavity wall insulation (blown mineral wool, u.f. foam or expanded polystyrene beads) can save you around £160 per year with payback over about 4 years. Solid wall insulation (special external renders, thermally insulated internal walls) can save even more because of higher amounts of heat loss but at a higher initial outlay and longer payback period. **The Energy Saving Trust** in partnership with **the National Insulation Association** (telephone: 08451 636363) have practical advice on different types of insulation and lists of approved installers. Getting good quality independent advice on insulation is important especially for older properties. Grants are available through LDC, your energy supplier or initiatives like the **Heat Project**.
 - Uninsulated lofts can cost you 15% of your heating bills. Putting in insulation to the recommended depth of 270mm could save you over £200. Check the costs and potential savings **here**. Grants of around £150 are available (see the **LDC site** or contact your energy supplier). Ring the Energy Saving Trust for impartial advice: **0800 512 012**.

Floor insulation (sealing gaps, insulating between joists) and basic draught proofing can cut heat loss by a fifth. Find out more **here**.



- Lagging your water tank with a jacket at least 75mm thick can save you £40 pounds a year
- Double glazing can save you £140 a year on heating costs. Watch out for the energy ratings. Higher A rated products come at a modest premium relative to the investment. There is unfortunately sometimes a trade off between energy efficiency, aesthetics and cost – those nice replacement box sash windows you fancy will probably be either more expensive or not as efficient as the more functional looking A rated alternatives.
- **Alternative Heating** – some ideas on renewable energy sources or microgeneration systems as they are usually called:
 - Solar: several people in the village have installed **solar thermal** (the sun heats liquid in pipes) and one or two **solar electric** (photo voltaic or p.v.) with good results. Fairly substantial grants are available locally through **OVESCO** on behalf of the District Council and nationally from the **Low Carbon Buildings** programme. **Southern Solar** are a local business who can offer advice as well as install and can help with grants. **OVESCO** have **other local installers** they recommend.
 - Heat pumps: these are a bit like fridges in reverse which take out heat from the **air** or **ground** outside (even when it is cold) and use it in a heating system indoors. These systems need electricity to work but use roughly between a fifth and a third of the electricity needed to run conventional electric element based heating appliances and save several hundred pounds on annual heating depending on what energy source you are switching from. Heat pumps are growing steadily more popular and seem likely to become mainstream in the coming years. They are more expensive to install than an oil fired system but prices are coming down and the savings can be around £1000 per year on heating costs. Ground source pumps are more efficient than air source pumps but more expensive to install and usually but not always require a reasonable size plot of land. Grants (check with **OVESCO**) are available for ground source heat pumps and some air source pumps.
 - Biomass: **Wood burning stoves and pellet boilers** go from a stove for space heating in one room to automated pellet central heating systems. Typically a wood pellet system would require more space than an oil boiler and cost more to install but can save a few hundred pounds a year. If you don't want to convert your whole central heating system, you can supplement it with a wood stove with back boiler, or even convert to cooking on wood. See www.stovesonline.co.uk for more information about different stoves, boilers, cooking ranges, wood fuels and heating systems.
 - **Wind turbines**: there are two main types for domestic use: roof mounted or larger mast mounted units (like at the community hall in Cooksbridge). The basic principle is the higher the mast the better the wind resource. According to the national **wind speed database** the local average annual wind speed in parts of Plumpton is not really high enough for a roof mounted system. But there is enough wind for mast systems. Obviously these are a significant investment - £11,000-£19,000 according to the Energy Saving Trust. You



would of course need to consult the planning authorities and get professional advice.

- **Click here** to find a certified installer for renewable energy systems.

- **Lighting:** low energy light bulbs need no introduction. They use up to 80% less electricity than conventional bulbs and prices have come down significantly. It is usually straightforward swapping to low energy light bulbs. Low energy alternatives are available for most systems. Low energy bulbs for overhead low voltage spot lights and for dimmer switches are more expensive unfortunately.

- **Electric Appliances:** home appliances account for a substantial part of households' CO₂ emissions. However it is easy to find energy saving appliances when shopping for any replacement appliance such as a washing machine or dishwasher. **Click here** for guidance on what to look for and to find energy saving models of different appliances and other energy saving products.

- **Saving Water :** about a third of the water each person uses is wasted. With global demand for water resources rising rapidly this is not sustainable in the longer term. **Click here** for some astonishing facts on how we use water and simple ideas on how to reduce waste (and, if you are on a meter, save money!)

- **Ecological renovation and new build:** if you are considering a fairly ambitious renovation and are considering how to make your property truly sustainable you could talk to the **Ecology Building Society** which specialises in properties which deliver an ecological benefit.

Transport

- **Plane, train, boat or car?** Go to a site called Travel Direct Info for **a clever calculator to compare the carbon emissions of any journey you are planning.** For example on a 50 mile journey you need to have 5 people in a large family car to get the carbon emissions per head down to the same as travelling by train. But you might also consider whether a journey is necessary at all. **EcoTravelling** is an interesting site which has ideas on alternatives to possibly unnecessary travel and a wealth of information on reducing the environmental impact of the travel you decide to do.

- **Your car:** your choice of car and the way you drive has a huge effect on carbon emissions. You may have seen the Act On CO₂ campaign on the television. **Click here to find out which cars emit the least carbon dioxide** (and save you money on fuel) and for a wealth of information on fuel consumption, car tax rates and a lot more go to **DirectGov**. And click **here** for six tips on easy driving habits which can make a big difference and save you significant amounts of money on fuel. If you are interested in **car sharing** – and saving yourself on average £785 a year - there are national networks you can join. Lewes District Council and ESCC have teamed up with Liftshare – **see here for more info.**



- **Air travel** is now the fastest-growing contributor to global warming. Avoiding a flight when there are easy alternatives is probably the biggest single action that any individual can take to cut their carbon footprint and limit their own impact on the environment. If you would rather not fly then ask **the man in seat sixty one**, a site which gives info about travelling by train, boat and other less polluting methods.
- **Cycling:** try burning calories not carbon:
 - Cycling is the least polluting way of travelling after walking
 - Ten bikes can be parked in the space of one car
 - 2kg of carbon are saved for every short journey that is made using a bike instead of a car

Sustrans is a national charitable cycling organisation which promotes cycling and the development of a national network of cycle paths. Their site has information, local maps and ideas on how to get involved.
- **Try walking:** half of all car owners drive for journeys of less than a mile (e.g. to Plumpton station.....). The Irish have got a campaign called “**one small step**” which talks you through the environmental, health and financial benefits of walking more.

Food

- **Organic:** Fertilisers are the largest source of CO₂ emissions in agriculture and the single largest source of nitrous oxide (another greenhouse gas) emissions in the world. The manufacture of nitrogen fertiliser is the single main cause of energy use in non-organic farming, accounting for 37% of the total. So eating more organic food, which is produced without the use of nitrogen fertilisers, contributes to reducing your carbon footprint.
- **Local produce:** a large proportion of the greenhouse gases associated with food come from storage, heating (or refrigeration) and transport of food. According to the Centre for Alternative Technology, during the last decade, the distance travelled by our food has increased by 50 per cent, with some products being transported hundreds of miles to be packaged before going on sale. So, eating locally produced, seasonal foods will contribute to reducing your carbon footprint. And supports the local economy too.
- **Eating more fresh produce** and less pre-prepared food also makes a difference.
- **Supermarkets:** Many supermarkets now offer online services. According to one supermarket delivery service, each van replaces 40 car journeys per day.
- **Meat and dairy:** Almost half our food related emissions result directly from rearing the large numbers of animals for the meat and dairy products that form such a staple part of the British diet. This sector contributes about 8% of all the UK's greenhouse gas emissions. Awareness of the impact of our diet on the environment is growing. It seems likely that pressure and interest will only grow in a move towards more vegetables and more sustainable alternatives to meat and dairy in our diet.

For more on this issue try the following sites: **Sustainweb and Sustainable Food**



Waste

The **Village Action Plan Recycling and Village Tidiness team** has produced a guide on local recycling. Go to their team page on the **Village Action Plan website** or click on the documents link on the home page.

Business

Action on reducing carbon in the home is not the whole story of course. The workplace and business have a vital role in reducing the country's carbon emissions. If you are interested in pursuing these issues in your business or work place try the local **Business Link** for advice. At the national level **The Carbon Trust** offers a range of services to businesses wanting to reduce their carbon footprint. The services include advice, interest free loans for certain projects as well as an advice service for small business. They also research into and invest on new and emerging low carbon technologies. The Carbon Trust is probably the best organisation of its type in the world and its site is essential browsing for anyone interested in low carbon business. Your business should be talking to them!

Sharing local experience

The Village Action Plan Plumpton Goes Green team are keen to hear more from people in the village who have invested in low carbon solutions in their house or have interesting ideas or advice they want to share with others in the village. We will compile this into regular updates for the Village Action Plan website.

Please send your comments and any ideas to mw@plumptonvap.co.uk



Annex

Plumpton Goes Green Information resource - web addresses

Central Government and centrally funded organisations:

DirectGov guide to greener living

http://www.direct.gov.uk/en/Environmentandgreenerliving/Greenerlivingaquickguide/DG_064391

ActOn CO2 home - portal on energy saving, carbon foot print calculator, etc.

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

Energy Savings Trust - major source of advice for the householder, consumer and business

<http://www.energysavingtrust.org.uk/>

Carbon Trust - advice, foot print calculator, loans: get your organisation talking to them and learn about lots of serious research on the ways of moving to a low carbon world and the benefits to the economy.

<http://www.carbontrust.co.uk/default.ct>

Local Government and local bodies

LDC

<http://www.lewes.gov.uk/environment/index.asp>

County Council

<http://www.eastsussex.gov.uk/environment/climatechange/>

OVESCO

<http://www.ovesco.co.uk/>

Transition Town Lewes

<http://transitiontowns.org/Lewes/Lewes>

Green Cars and driving

http://www.direct.gov.uk/en/Environmentandgreenerliving/Greenertravel/DG_064428

Top-ten cars - CO₂ emissions database simple search by type, fuel and transmission (bigger database there too)

<http://campaigns.direct.gov.uk/actonco2/home/on-the-move/top-10-fuel-efficient-cars.html>

More efficient driving

<http://campaigns.direct.gov.uk/actonco2/home/on-the-move/driving-your-car.html#a6>

Share that car - interesting facts with a carbon emissions calculator

<http://www.transportdirect.info/web2/journeyplanning/journeyemissionscompare.aspx?repeatingloop=y>



Alternatives to flying: information about travelling by train, boat and other less polluting methods.

<http://www.seat61.com/>

<http://www.ecotravelling.co.uk/IsYourJourneyNecessary.html>

Cycling

<http://www.sustrans.org.uk/>

Making your house more energy efficient

<http://www.energysavingtrust.org.uk/Home-improvements>

<http://www.theyellowhouse.org.uk/>

Insulation

<http://www.nationalinsulationassociation.org.uk/housholder/housholder-nia.html>

<http://www.theyellowhouse.org.uk/themes/insula.html>

Space heating: local suppliers or supplying in this area

OVESCO have a good list of accredited suppliers – look there first:

<http://www.ovesco.co.uk/companies.html>

Solar

Southern Solar: <http://www.southernsolar.co.uk/>

Wood burners

www.stovesonline.co.uk

www.bolneystoves.co.uk (local supplier of a wide range of stoves and also information about sources of wood)

www.bioenergy.org (local supplier of stoves and pellet boilers)

Home Heat, Clayhill House, Uckfield Rd, Ringmer, BN8 5RU; 01273

Heat pumps

<http://www.iceenergy.co.uk/>

<http://www.isoenergy.co.uk/>

Wood

<http://www.nef.org.uk/logpile/index.htm>

www.sewf.co.uk (info on different local sources of wood and pellets)

Low carbon buildings and green products for buildings

<http://www.lowcarbonbuildings.org.uk/home/>

www.greenbooklive.com

Help for your business



Business Link

[http://www.businesslink.gov.uk/bdotg/action/layer?
r.l1=1079068363&topicId=1079068363&r.lc=en&r.l2=1079363668&r.s=m](http://www.businesslink.gov.uk/bdotg/action/layer?r.l1=1079068363&topicId=1079068363&r.lc=en&r.l2=1079363668&r.s=m)

Carbon Trust

<http://www.carbontrust.co.uk/default.ct>