

OPINION



Climate Action

Submitted by
Harborough
Climate Action

How to cut household emissions

In this article from Harborough Climate Action, we address how you can reduce the greenhouse gas emissions caused by household heating and lighting, that are contributing to the climate crisis.

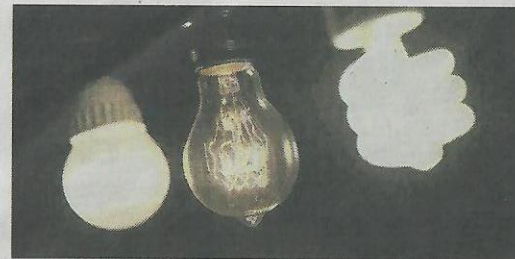
Household energy accounts for some 17% of emissions for an average UK resident. You can reduce this using the following tips:

01 Make sure your home is as well insulated as well as possible. This can include loft, wall, window and floor insulation. In most cases, loft is the simplest. According to the Energy Saving Trust, a quarter of heat is lost through the roof in an uninsulated home. It recommends at least 270mm insulation.

02 Turn down the thermostat. In our experience a pragmatically insulated 1980s house, in winter the thermostat can be set to 17deg in the morning, 14 in the afternoon and 17 at night until bedtime, after which it can be put on the frost setting until morning. But obviously everyone needs to experiment with their own system, and find a set-up that is safe and comfortable for them.

03 Invest in a set of thermal underwear.

04 Manage each room's temperature setting according to the usage. Again, our experience has shown that in a small living room, just having a gas fire on for about 20 minutes in the evening makes things nice and toasty. And don't forget to draft proof.



05 Use LED light bulbs and switch lights off when not needed. Don't leave computers and the telly on sleep mode.

06 Try to buy renewable energy from a genuine green utility company. Due to the current energy crisis this may not be possible just at the moment, but do look into this when you can. It can be hard to make a reasonably informed choice as some companies are very

good at 'Greenwashing', but again the Energy Saving Trust has information which may be helpful.

07 Consider solar panels to generate your own electricity. There are some 11 installers within reasonable distance of Market Harborough that are approved by MCS, the standards organisation: <https://mcsertified.com/find-an-installer/>.

08 Consider generating your own home heating/hot water using systems such as air and ground source heat pumps, biomass and solar thermal. The government is providing grants and information to encourage property owners to install environmentally friendly heating systems through the Boiler Upgrade Scheme. Grants of

£5,000 are available. Search on Gov.UK website for more information.

09 Energy efficiency grants. Leicestershire County Council's website enable residents to explore measures they can consider for upgrading their homes to make them more energy efficient:

www.leicestershire.gov.uk/leisure-and-community/community-schemes-and-funding/energy-efficiency-grants and <https://firstcontactplus.org.uk>

To end on an encouraging note, it is great to know that the Future Homes Standard being introduced by the Government in 2025 will "require new build homes to be future-proofed with low carbon heating and world-leading levels of energy efficiency."

For more information on the issues raised in this column visit www.sustainableharboroughcommunity.co.uk/hca