

Eco house pledge

You might like to consider an eco house pledge. Keep this to remind you of your pledge.

I pledge to...

	Approximate cost of change	DO NOW	DO IN A YEAR	DO BY 3 YEARS
Reduce my gas use for water and space heating				
Turn my central heating down by a couple of degrees	No cost and saves money!			
Put on an extra jumper instead of turning heating up!				
Turn radiators off in rooms I don't use				
Use heavy curtains to keep heat in				
Make sure my heating is not on when I'm out				
Take quick showers instead of deep baths				
Start monitoring my gas use and notice how much I'm saving				
Check my boiler is running efficiently	£65			
Insulate my loft	£100*			
Replace my boiler with a very efficient one	£800*			
Insulate external walls if possible, or fill cavity wall	£450–£1,500*			
Insulate the ground floor	£500–£2,500*			
Install under floor heating (it works with warm water not hot water, therefore saving lots of energy. Runs off normal boiler; works well with solar thermal)	£2,500 to install			
Invest in solar thermal energy to preheat water for central or space heating	£3,000–£4,500*			
Reduce my electricity use				
Always turn off unnecessary lighting	No cost and saves money!			
Always turn plugs and electrical items and technology off	No cost and saves money!			
Start monitoring my electricity use and note how much I'm saving	No cost and saves money!			
Switch to a green energy supplier that invests in renewables (wind/ solar/tidal/biomass)	An extra £10 per quarter			
Get intelligent energy saving plugs for 'white goods'. (Try centre for alternative energy online shop www2.cat.org.uk/shopping)	£25–75			
Replace all my lights bulbs with energy efficient versions	£100			
Install photovoltaic (solar)panels or tiles – depending on situation but could supply all electricity needs for low energy light bulbs and more	£5,000–£7,500*			
Save water				
Installing a water meter (free from my water company) and start monitoring how much water I can save by simple measures see www.southernwater.co.uk	No cost and saves money!			
When buying new, buy low water use shower heads, washing machines and dual flush toilets				
Get a water butt for watering my garden	£25			
Invest in a rainwater harvesting system – to flush toilets, and to use with my washing machine	£5,500			
Use natural materials				
Use non-toxic, local and even recycled materials for insulation, plastering, decorating, floorboards etc. where possible. (To reduce the likelihood of 'sick building syndrome' which plagues well-sealed, well-insulated buildings AND to promote local green industries of which there are many in Brighton and SE England)	Costs of green materials: about twice the norm			

Signed

Date