

## I pledge to ...

Cost	I am already doing	I will do from now on	I will do within a year	I will do within 3 years
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### Research my options by:

Contacting an energy professional or organisation to help you reduce your energy consumption in your home	No cost				
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### Reduce my gas use for water and space heating by:

Turning 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 to see how much I'm saving					
Check my boiler is running efficiently	£65				
Replace my boiler with a very efficient one	£800				
Insulate my loft	£100*				
Insulate external walls if possible, or fill cavity wall	£450–£1,500*				
Insulate the ground floor	£500–£2,500*				
Invest in solar thermal energy (solar panels to preheat water for heating)	£3,000– £4,500*				
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				

### Reduce my electricity use by:

Always turning off unnecessary lighting	No cost and saves money!				
Always turning plugs and electrical items and technology off					
Start monitoring my electricity use to see how much I'm saving					
Switch to a green energy supplier that invests in renewables (wind/solar/tidal/ biomass)	an extra £10 per quarter				
Replace all my lights bulbs with energy efficient versions	approx £60				
When buying new appliances, buy 'A' rated					
Get intelligent energy saving plugs for 'white goods'. Try Centre for Alternative Energy online shop <a href="http://www2.cat.org.uk/shopping">www2.cat.org.uk/shopping</a> )	£25–75				
Install photovoltaic (solar) panels or tiles – depending on situation but could supply all electricity needs for low energy light bulbs and more	£5,000–£10,000				

### Save water by:

Installing a water meter (free from my water company) and start monitoring how much water I can save by simple measures see <a href="http://www.southernwater.co.uk">www.southernwater.co.uk</a>	No cost and saves money!				
Get a water butt for watering my garden	£25				
When buying new, buy low water use shower heads, washing machines and dual flush toilets					
Invest in a rainwater harvesting system for toilets and washing machine	£5,500				
Invest in greywater system for watering the garden	0–£200				

### Use natural materials by:

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 affects well-sealed, well-insulated buildings and to promote local green industries of which there are many in Brighton and South East England)	Costs of green materials: about twice the norm				
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\*See council grants page in brochure for possible grant funding

**FILL IN A FEEDBACK FORM FOR A HOUSE YOU VISIT AND YOU COULD WIN A PRIZE!**