



Energy

Kirkcaldy Climate Friendly Living Guide

What's the problem?

For most of us, the energy we use to heat our homes is generated by the burning of fossil fuels. When we burn oil or gas to warm the water for radiators, carbon emissions are released into the atmosphere.

To make matters worse, many homes and other buildings in Scotland are poorly insulated so they do not trap heat well and require more energy to heat.

To meet Scotland's net zero target, we all need to reduce the energy use in our homes. And by 2045 almost all of us must be using a zero-emissions heating systems.



COSY KINGDOM

www.cosykingdom.org.uk

What action can I take?

Go for the quick wins

Turn off lights when you are not in a room. Reduce tumble dryer use - line-dry instead. Fill up the freezer, but don't overfill your fridge (let the air circulate). Unplug gadgets when not in use; only fill the kettle with the water you need and shorten the time you spend showering.

What's in a label?

Look for the new energy rating when buying a new appliance – the labelling changed recently to reflect the progress already made and to encourage better energy performance from manufacturers. This means what might have been labelled as A+++ under the old system could now be D rated. To understand what this means in energy use, compare the wattage of appliances.

Empower yourself

Knowing how you use energy in your home, and how much you use, is the first step in reducing your usage. An energy monitor or smart meter can help you keep track. Using an energy monitor could help you to cut your usage by 10%. The monitors also display room temperature and humidity levels, so they can help you to manage your comfort levels.

Establish a healthy heating regime

Make your heating system as efficient as possible. Set the timer and temperature on your heating system and use a room thermostat or thermostatic radiator valves to control the room temperature. Set your thermostat to the lowest comfortable temperature – usually between 18 and 21°C. Making these changes typically reduces the energy you use to heat your home by 10% per degree Celsius.

Understanding EPCs

You can get an idea of your property's current energy efficiency from its Energy Performance Certificate (EPC). The EPC will show your home's energy efficiency rating, from A (very energy efficient) to G (very inefficient), and give you an idea of its potential for improvement. The EPC uses the size of your home, how well insulated your walls, roof and windows are, plus how efficient the heating system and lighting is, to calculate the energy rating.

“Scotland's 2.5 million homes account for 13% of the country's total greenhouse gas emissions and around 30% of our total energy consumption.”

Energy Saving Trust

Take a fabric-first approach

Insulating your home is one of the best ways to reduce your carbon emissions. Often, upgrading insulation can be combined with other works, for example, you could insulate the wall and floor when redecorating a room. **Home Energy Scotland** can provide you with advice on what insulation might be best for your home and can offer financial support. They can also advise on how to find an **installer**.

Understand the difference between draughts and ventilation

Good **ventilation** is crucial to maintaining the fabric of a building in good condition and keeping a home comfortable. When undertaking any draught proofing or insulation, make sure that the property still has adequate ventilation.

Lighten up

LED lighting is a more energy efficient, brighter, and longer lasting alternative to incandescent or halogen lighting. An 8w LED has a typical lifetime of between 10 to 20 years, and only costs a few pounds. Replacing all the lightbulbs in the house could save you £30 per year.

“Draught-proofing gaps in your home could save you £55 a year”

Energy Saving Trust

Decarbonize your heating

There are a number of low carbon heating systems that can replace your current system, including heat pumps, biomass boilers, solar thermal panels or connecting to a local district heating system. Solar photovoltaic panels can be installed on your roof or even in your garden and convert sunlight to electricity. Home Energy Scotland's **Home Renewables Selector** can help you find out which technologies would be best for you.

Learn from others in your neighbourhood

To help decide what changes to make to your home, talk to others with similar homes or lifestyles. Speak to your neighbours – have they made some of the improvements you are considering? You can find homeowners who are happy to share their energy saving experiences through **Energy Saving Trust's Green Homes Network**.

Know what restrictions might be in place

Building Regulations govern the changes you can make to a building. If you live in a listed building or conservation area, there could be additional restrictions. Check the **planning pages** on Fife Council's website to see if these apply to your home. **Historic Environment Scotland** can provide advice and support for older homes. If you are considering installing a wood stove or open stove or fire, you will also need to check if your home is located in a **smoke control area**.

What action can I take locally?

Get advice from local experts

Greener Kirkcaldy's **Cosy Kingdom** energy advice service can provide advice on:

- practical and affordable ways to save energy and reduce your carbon emissions
- gas and electricity bills and tariffs
- **utility debt** and help to apply for the Warm Home Discount
- how to switch supplier
- solar panels and renewable energy installation

They also provide a number of free services:

- loan and installation of energy monitors
- thermal imaging survey
- benefit check referral
- **handy service** (for those that qualify)

