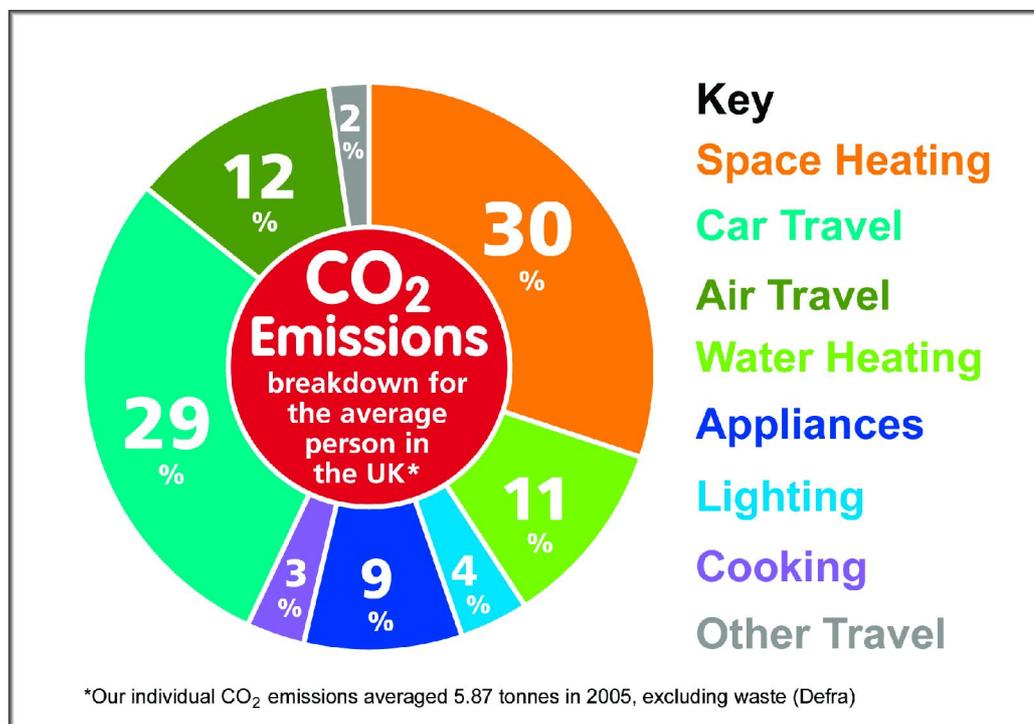


# Together we can tackle climate change

The scientific evidence is clear. Human CO<sub>2</sub> emissions are accelerating climate change. We all need to reduce the emissions for which we are personally responsible by burning less fuel.



So what can be done to reduce your household's carbon dioxide emissions?

## Space Heating

- Insulate your loft & cavity walls. It is more affordable than you think.
- Turn down your heating thermostat to between 18 - 21°C.

## Car Travel

- Cut your top speed - mpg decreases significantly above 50mph.
- Plan your route to avoid congestion or getting lost.
- Use public transport including park & ride wherever practical.

## Air Travel

- Avoid unnecessary short haul flights.
- Explore train, boat and coach options.

## Water Heating

- Use the programmer. This will preheat water only for when you need it.
- Shower rather than bathe – it uses less hot water.
- Install an A rated boiler when the old one becomes unreliable.

One of the easiest ways to cut household CO<sub>2</sub> emissions is to fully insulate your home. Insulation lets you reduce the amount of fuel you need to burn to keep your home warm. All this saved fossil fuel would otherwise produce some 35 tonnes of

CO<sub>2</sub> over a 40 year period. Grants and discounts are available for loft and cavity wall insulation. Over 70s may even get the work done FREE.

For free, impartial, advice on reducing your carbon footprint, call the Energy Saving Trust on **0800 512 012**.

#### **Editor's Notes:**

1. This article was produced by United Sustainable Energy Agency (USEA). This organisation was created by the merger of Milton Keynes Energy Agency & Thames Valley Energy Centre in May 2008.

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2. USEA works in partnership with local authorities throughout Bucks, Berks, Beds, Herts, Oxon, Hants and the Isle of Wight. In 2008, USEA was awarded a new contract with the Energy Saving Trust to operate an Energy Saving Trust advice centre for the South East. The centre provides impartial energy saving advice to the residents of Bucks, Berks, Oxon, Hants and the Isle of Wight. USEA also offers a free insulation price comparison service called Cocoon.

3. For a more detail on average household CO<sub>2</sub> emissions, see page 49 of the government's 2007 Energy white paper:

[www.berr.gov.uk/files/file39566.pdf](http://www.berr.gov.uk/files/file39566.pdf)

4. The information contained within this article is correct to the best of our knowledge, but is subject to change. USEA cannot in any way be held legally responsible for any advice given or any work carried out as a result of this information.