



## 10 Things We Can All Do To Help Our Climate and Save Money

**Most people now accept the scientific evidence** that burning coal, oil and gas so quickly, and in such large quantities, is heating our planet. The frightening consequences of using these cheap and plentiful fuels is graphically explained in Gwynne Dyer's excellent book 'Climate Wars' <sup>(1)</sup>, which predicts the consequences for the world this century as our planet Earth becomes hotter. More drought, disease, floods, hurricanes and natural disasters of the kind we have seen in Eastern Australia, Pakistan, New Orleans and Russia, plus the effects of rising sea levels, are expected to lead to conflict over resources in many parts of the world as this century unfolds <sup>(2)</sup>.

**As with the harmful effects** of tobacco, lead in paint and asbestos, all of which took years to be understood, the complexities of climate science will take time to unravel. But the early warning signs are here already and if we wait until the evidence is overwhelming, we may have gone beyond the point of no return. Worst scenario predictions for survival on a much hotter planet show a big drop in population for humans and the animal kingdom, due to an inability to handle the speed and severity of climate change. It also seems that things are changing faster than predicted, so we may face a worst case situation earlier than expected.

**Because industrial development** has been based on burning fossil fuels, it will take time to switch to renewable energy sources, so is there anything we as individuals could do to help? And what if there is a greater incentive than pure altruism - **the opportunity for us to save lots of money at the same time?**

**Here are ten things recommended by The Sustainability Trust** <sup>(3)</sup>

- 1) Don't pay for heat that goes out of the doors and windows. Check all around the house for draughts and seal any that are found. Be careful in rooms that need good ventilation, such as bathrooms or kitchens, where ventilation helps reduce condensation and damp. Also take care in areas where there are open fires or open flues – it is essential that areas like this have adequate ventilation.
- 2) Check that the attic insulation is a minimum of 27cms (10.6 inches) If everyone in the UK installed 27cm loft insulation, around £520 million would be saved in energy costs and nearly three million tonnes of CO<sub>2</sub> reduced every year.
- 3) Turn your thermostat down. Reducing your room temperature by 1°C (1.8°F) could cut your heating bills by up to 10 percent and typically save around £55 per year. If you have a programmer, set your heating and hot water to come on only when required rather than all the time.
- 4) Is your water too hot? Your cylinder thermostat should be set at 60°C/140°F.

- 5) Don't leave electrical appliances on standby, or phones on charge too long. Use a "smart" power strip that senses when appliances are off and cuts "phantom" energy use. (Available from the Trust) <sup>(4)</sup>
- 6) Install compact fluorescent bulbs in all locations. Using one can save you around £40 over the lifetime of the bulb. Switch lights off after use.
- 7) Get rid of old energy-intensive fridges and freezers. If possible, fill up the washing machine, tumble dryer or dishwasher: one full load uses less energy than two half loads.
- 8) Better still; use a drying rack in a warm ventilated location, instead of the tumble dryer.
- 9) Cut your motoring costs by asking the question "Is this journey really necessary?" With the current cost of refuelling your car, every mile less travelled makes a fuel cost saving of at least 20 pence on a 30mpg car.
- 10) Adopt the general principle to Reduce, Re-use and Recycle.

**For more advice**, call your local Energy Saving Trust advice centre on 0800 512 012 for free, impartial, one-to-one advice on saving energy at home. Or for some excellent tips, visit [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

#### **Footnotes:**

<sup>(1)</sup> *Climate Wars – the fight for survival as the world overheats* is by Gwynne Dyer, published by Oneworld Publications at £12.99 and available on Amazon or through bookshops. It is recommended reading for everyone interested in how our lives will be affected by a warming planet.

<sup>(2)</sup> For an explanation of how our climate will impact on human life on earth, view the Sustainability Trust Power-Point presentation titled '*Sustainability, Climate Change and World Peace*' on the web at [www.TheSustainabilityTrust.org/downloads.htm#A6](http://www.TheSustainabilityTrust.org/downloads.htm#A6)

<sup>(3)</sup> **The Sustainability Trust – Rotarians for Sustainability & Carbon Reduction** – aims to link all 34,000 Rotary Clubs world-wide into a network that shares ideas on how to introduce sustainable principles into our own lives, our communities and our humanitarian Rotary projects. Contact your Rotary Club to see whether they can help you run an energy-saving campaign for your Community Group.

<sup>(4)</sup> You can order energy-saving devices from The Sustainability Trust via the website at [www.TheSustainabilityTrust.org](http://www.TheSustainabilityTrust.org)

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