

Sustainable  
Selkirk



A project by Selkirk **Regeneration**

# HOME ENERGY ADVICE

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# Sustainable Selkirk

**Sustainable Selkirk is a community-led project delivered by Selkirk Regeneration and funded by the National Lottery Community Fund. It aims to bring the community together to take action on climate change**

**The project has 3 broad objectives**

- **reduce domestic carbon emissions**
  - **promote sustainable travel**
- **increase awareness of the climate emergency**

**Sustainable Selkirk is focused on enhancing social well-being and promoting resilience to meet the needs of the local people now, whilst encouraging longer-term action in response to climate change**

**Find us here...**



**Sustainable Selkirk, Community Energy Advice Centre,  
5 Tower St, Selkirk, TD7 4LR**

# Our Activities

We offer a range of free services, activities and skills training to meet the needs of people across the Scottish Borders

## Home Energy Advice



## E-bike Loan



## Workshops & Skills Training



# Sustainable Selkirk's Home Energy Advice

- We offer free and Impartial advice regarding how to save energy, save money and save emissions. Our advice is available to everyone across the Scottish Borders.
- We can discuss the quick, low-cost actions you can take to make instant savings.
- Help you understand your heating controls, appliances and smart meters.
- Help you understand your energy bills and tariffs.
- Provide information on draughtproofing, insulation, heating upgrades and signpost you to available funding.
- Helping you make you home more energy-efficient and environmentally friendly.



**Sustainable Selkirk  
Energy Advice  
Service**

**LEAP**

**Energy Redress**

**2 Advisors**

**2 Advisors**



# Energy Redress

**Sustainable Selkirk was awarded funding from Energy Redress with the aim to reduce fuel poverty of people in vulnerable positions across the Scottish Borders, helping them heat and power their homes.**

**Through our home visits we provide tailored energy efficiency advice, help with fuel bills and make referrals to other organisations where relevant.**

**Small measure packs are provided to those most in need. LED lightbulbs, radiator foil, letter box brushes, draught excluders, draught proof strips and smart plugs are installed at the time of visit.**

# Quick-Wins: No cost actions



**Turn down your combi-boiler  
flow temperature!**

By turning down your  
flow temperature to  
60 °C, you could save up  
to £100 per year.

**Take shorter showers!**

Taking a 4-minute  
shower could save up to  
£95 per year.



**Turn down radiators  
in rooms not in use!**

Using your radiator  
controls efficiently can  
save you up to £70 per  
year.

# Quick-Wins: No cost actions

**Wash clothes at a  
lower temperature!**

**Using the 30 °C setting on  
your washing machine  
Could save up to £40 per year.**



**Use your tumble dryer less!**

**Line dry clothes.  
This could save  
up to £70 per year**

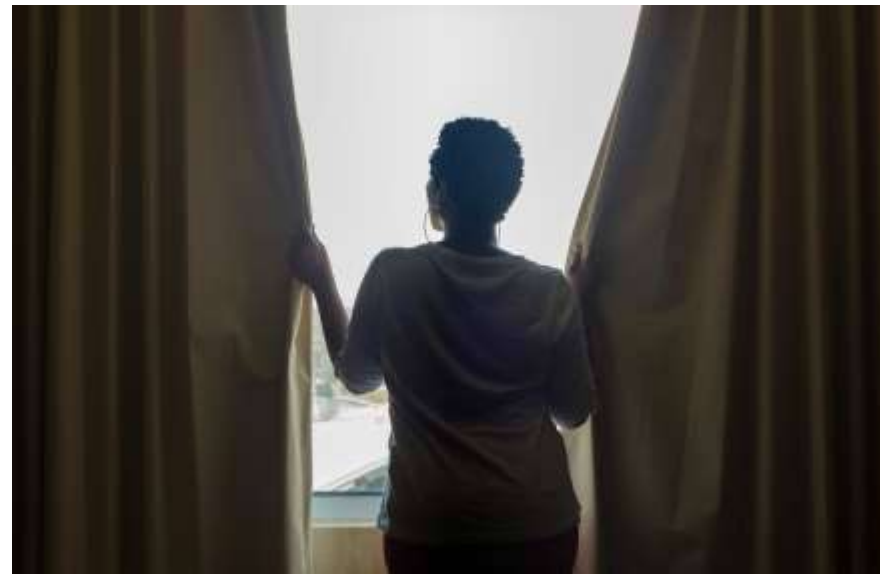
**Turn off appliances  
at the socket!**

**You could save up to  
£70 per year**





# Quick-Wins: No cost actions



**Close all your curtains  
and blinds at night**

**Reduces heat loss  
from your windows**

**Use a smart meter**

**For a more accurate  
idea of what your  
energy consumption is**



# Quick-Wins: No cost actions

**Draughtproof  
your home**

**Draughtproofing can  
Save between £60 and  
£125 per year.**



**Switch to energy-saving  
LED lightbulbs**

**Could save households  
up to £55 per year .**

**INFORMATION SOURCE**

**<https://helpforhouseholds.campaign.gov.uk/get-ready-for-winter/>**

# Quick-Wins: No cost actions



**Choose a  
water-efficient  
shower head**

**You could save  
around £45 per year.**

**Add window film  
to your windows**

**This temporary film  
could save you up  
to £43 per year.**



**Fit radiator  
reflective panels**

**Fit these panels behind  
radiators on  
external walls, saving up  
to £35 per year.**

# Understand the Energy Rating of Your Appliances

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Upgrading to energy efficient appliances, and limiting your use of high power appliances can save you money

For example, upgrading your C rated washing machine to an A rated one could save you 25%. Cooking in a slow cooker compared to an electric oven can cost pennies compared to pounds