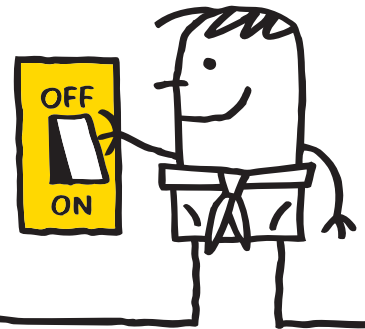


DOMESTIC ENERGY

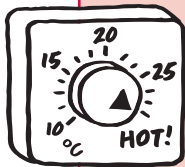
Electricity is only a recent invention. People lived without power for thousands of years, yet if we lost power today, we'd be completely stumped. Have we become too dependent on domestic power?

On this work sheet, we'll think about ways you can cut back on the energy you use at home, and give you some practical suggestions to get you started.



Water, water everywhere

DISCUSSING



Water is one of the biggest sources of waste in our homes and it uses loads of energy too. You probably think that using water doesn't matter, because it's always raining in the UK. But processing that water takes 3% of the UK's total energy – equivalent to around 1000kw/h per

person per year – and that's before it's heated for your central heating or bath/shower water.

Discuss all the ways that you and your family heat water through the day and think about how you could cut down the amount of electricity or gas needed to heat it.

Energy audit

KNOWING

The energy we use to heat our homes and your meeting creates enough CO₂ already, without wasting that energy through draughts and poor insulation.

Take a look around your hut or hall and see where you think heat might be escaping. Check for any gaps around or under doors. Use a candle to check for draughts around the windows. Look in the roof space - is it insulated? Write an energy report about your meeting place and think about how to make it more energy efficient. Here are some pointers to get you started:

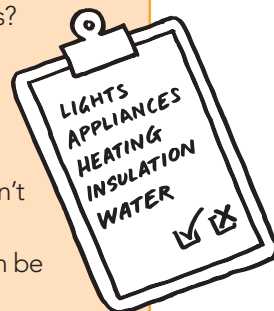
Lights - are there energy saving light bulbs? Do they all need to be switched on?

Electrical Appliances - are these left on unnecessarily? Are they left on stand by?

Heating - does this need to be on? Can it be turned down? Is it on in rooms that aren't being used?

Insulation - are there any draughts that can be stopped? Is the roof properly insulated?

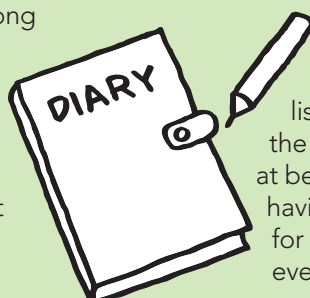
Water - are there any dripping taps? Do the toilets have a 'short flush' facility? Is the hot water heated too much - can it be turned down?



TURN IT OFF

DOING

As a group make a list of all the electrical gadgets you use each day and estimate how long you think you use them for. Over the next week everyone keep a diary sheet of all the electrical gadgets you actually use each day and try to record how long you have used them for. At your next meeting discuss what electrical items everyone used. How could this be reduced?



For the next week, see if you can do without those gadgets as much as you can. Keep a diary sheet again, to record how long you used them for but also list what you did instead. Go back to the chart and see who has done the best at being gadget free. Share your ideas for having fun without gadgets then try it again for another week and see if you can all do even better.

Diary sheet – Electricity LOG

	Gadget/Activity	Time used	Alternative Activity (Week 2)
	<i>e.g. Playstation</i>	<i>30 mins</i>	<i>Playing tennis</i>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			