

## **Ballymoney Borough Council support Energy Saving Week 2008**

Energy Saving Week 2008 takes place from 20 – 26 October. Organized by the Energy Saving Trust, the week is designed to raise awareness of the damaging effects that wasting energy has on our climate and encourage people to implement energy saving measures at home and at work to save energy, money and help fight climate change.

The aim of Energy Saving Week is simple: to encourage consumers to reduce their carbon footprint and to demonstrate how significant savings can be made in terms of money and energy and of course our precious time. At the Energy Saving Trust advice centre we recognise that time and money is something most of us do not have in abundance.

Energy Saving Week is the perfect opportunity to discover your Green/Life Balance. We're urging people to take time to make time to change their households' habits to help fight climate change. It doesn't take long to get things started – there are lots of things you can do in just ten minutes. For example

- Only boil as much water as you need (but remember to cover the elements if you're using an electric kettle).
- **Turn your thermostat down.** Reducing your room temperature by 1°C could cut your heating bills by 10 percent a year.
- Don't leave appliances on standby and remember not to leave appliances on charge unnecessarily. This could save you around **£37** a year on your household electricity bills.
- Fit energy saving light bulbs. Just one energy saving bulb could save you around **£3** a year on average, or around **£6** if you're replacing a brighter bulb or one used for more than a few hours a day. Over the lifetime of each bulb this will save you around **£45** on average.
- Wash your clothes at 30 degrees instead of at higher temperatures and use around 40% less electricity

Why not find out the energy rating of your home today – complete our free home energy check questionnaire. Log on to [www.energysavingtrust.org.uk/check](http://www.energysavingtrust.org.uk/check). From this you will receive a tailored report on your home highlighting what you can do to save energy; helping you to save around £340 a year on your household energy bills.

For more information call **free phone 0800 512 012** or visit [www.energysavingtrust.org.uk/northernireland](http://www.energysavingtrust.org.uk/northernireland)