

## Section 1. Introduction and Notes

---

### Is this for me?

This Home Energy Assessment pack (**E-Pack**) is to help you reduce your energy consumption without impacting your level of comfort. You could reduce both your energy expenditure and reduce your carbon footprint. The actions needed are likely to be a combination of practical measures, some capital outlay, but also a change in behaviour and mind-set.

### Who can do it?

Whether you live in a house, flat or even run a small business, you will be able to use the notes and devices as a DIY pack. The E-Pack works best when everyone living/working in the place buy into the process and a degree of motivation is present. Most of the assessments only need basic practical skills. Some assessments will need more knowledge and are more effective if introduced by someone with experience

### How is this different to other programmes?

This assessment is not intended to compete with or replace those carried out by certified professionals as it does not carry any certificates or guarantees. Its effectiveness is largely dependent on the person carrying it out, their approach, motivation and to a lesser degree, experience.

The main differences between this assessment pack and most others offered commercially or free on the web are; it is completely personalised, in other words **you set your own targets for what you want to achieve**; it is comprehensive covering every aspect of your consumption.

### How does it work?

We'll give you simple methods to measure your energy consumption (and associated £ spent and/or Carbon Footprint). Once you know your personal household usage, you can compare this with national averages or other comparable households to set **realistic objectives**. By identifying the major contributors to your usage (energy, £ or CO<sub>2</sub>), you can decide where you would be most effective in reducing these and by how much.

The E-Pack covers the following areas of household energy use:

Electricity, Heating, Water, Food, Transport, Waste

The areas have been chosen to reflect the Kingsteignton Transition Together (KTT) process which takes a group of individuals through a journey to explore how they can reduce their household energy consumption. KTT was a projects initiated by the Energy group in Transition Newton Abbot CIC (TNA).

## How do I get started?

Before Starting the assessment there are several important bits of information that will help in evaluating a home's energy use and the kind of personalised actions that would be most useful.

- Ensure Energy Consumption data (see checklist for each of the 6 areas) is available in advance of the process, or at least ensure they are available as you start.
- Decide what it is you want to achieve (i.e. your priorities) and why this is important to you.
- Ensure that everyone living in the household is aware of the process and ideally involved to some degree.

Some elements of the checklist are time of day/week/year and weather condition dependent, so it is worth filling this in more than once at different times/conditions. This is very much an ongoing process as it is easy to slip back into old habits, or circumstances change.

**Be realistic, do one of the 6 areas at a time.** Set achievable targets and move on only when you feel happy you have met or adjusted these to suit changing circumstances. This is not a race, but a long journey.

## What will I need?

Things you will need, most of these can be hired for a month or so from TECs. We are happy to provide information on where else some of these can be borrowed or bought.

- General (wireless) Electricity Monitor (or use smart meter if already fitted)
- Accurate Electricity plug-in monitor to measure low currents of individual equipment
- Room Thermometer
- Room Moisture Meter
- Draught Detector (electronic, paper or smoke) (please be mindful of fire hazards when using smoke)
- Thermal Imaging Camera
- Reference books
- Laminated notes
- CD with all E-Pack information, notes & examples

The work involved in compiling this Home Energy Assessment Pack was carried out by volunteers from HaRE CIC and TNA CIC. The equipment was purchased from funds provided by Haccombe with Coombe PC, HaRE CIC and TECs.

We would very much appreciate that you :

- Look after the equipment you borrowed and return it within 4 weeks
- Contact us as soon as you have any problems or questions
- Let us have your comments on how you got on with the pack, we want to improve it
- On returning the pack, let us have your estimate of how much you hope to save (in kWh or £) in a year
- A year later, tell us what you actually achieved and how