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ENERGY ASSESSMENT FOR MEMBERS

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Section 1. Introduction and Notes

Is this for me?

This 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 most of 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 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 provides you with measurements to determine the effectiveness of the actions you may want to undertake; and
- it is comprehensive covering every aspect of your energy 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 usage, you can compare this with national averages or other comparable statistics to set **realistic objectives**. By identifying the major contributors to your usage (energy, £ or CO₂), you can decide where you would be most effective in reducing these and by how much.

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

Electricity, Heating, Water, Food, Transport, Other (waste)

Acknowledgement

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The E-Pack builds on material and references from a number of sources including:

- Kingsteignton Transition Together (**KTT**) which takes a group of individuals through a journey to explore how they can reduce their household energy consumption. KTT was a project initiated by the Energy group of Transition Newton Abbot CIC (**TNA**).
- The course and materials on Whole House Retrofit organised by Regen in 2018, this is part of a 3 year EU funded programme called Zero Building Catalyst (**ZEBCat**).
- Many of the tables and data used are available from building regulations/standards, manufacturers' literature or data available on the internet. Where relevant references have been provided, to the best of TECs' knowledge, none of these have associated copyright requirements.

How do I get started?

Before Starting the assessment there are several important bits of information that will help in evaluating your energy use and the kind of personalised actions that would be most effective.

- Decide what it is you want to achieve and why this is important to you. In other words what is it that motivates you to better understand your energy consumption.
- Ensure that everyone living/working in the place is aware of the process and ideally involved to some degree.
- **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.

Someone from TECs will bring the E-Pack round and explain the step-by-step guide, running through an example in the area you may be interested in. Most people start with electricity. We will then leave the pack with you for a month.

Certain elements of the process 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 if circumstances change.

What will I need?

As a TECs member, most of the devices you will need can be hired for a month or so from TECs. We are happy to provide information on where else some of these can be 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/Datalogger
- Room Moisture Meter/Datalogger
- Draught Detector (candle, smoke-stick) (please be mindful of fire hazards when using these)
- Thermal Imaging Camera
- Reference books
- CD with all E-Pack information: Notes (this document); Checklist; Examples; Using the monitoring tools;

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, we'll send you a reminder if you like
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