

TRIME Energy training for Energy Ambassadors





TRIME is a Pan-European project helping social housing customers reduce their energy use; enabling them to save money and live a healthier lifestyle.





[name of your pilot area here]

Welcome!
Welkom!
Bienvenue!
Bienvenida!



‘Housekeeping’:

- Fire exists / planned drills
- Facilities
- Health and Safety
- *Break suggestion between 25th and 26th slides*

Aim for Today?

How to save energy at home using the **TRIME** toolkit...

What is the **TRIME TOOLKIT**?

- Every Energy Ambassador will receive a **TRIME TOOLKIT** to talk with your neighbours about energy saving



8 things you can do to save energy

1. Energy Switching
2. Take Control of your heating
3. Spend less time in the shower
4. Turn off lights
5. Draught excluders
6. Get an efficient shower head
7. Careful in the kitchen
8. Switch off standby

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Energy Switching

- Shopping around for the best energy tariff could save you around **£200 per year** on your energy bills
- There are many switching sites online to find the best deal on the market for you

Video on how to switch energy supplier

https://youtu.be/_OwOVgIX9ec



2

Take control of your heating

More than half the money spent on fuel bills goes towards providing heating and hot water.

Having a [room thermostat](#), programmer and thermostatic radiator valves installed could save you between **£80 and £165 a year**.

Turning down your room thermostat by just **1°C** can save between £85 and £90 a year.

Whatever the age of your boiler the right controls will let you:

- set your heating and hot water to come on and off when you need them
- heat only the areas of your home that need heating
- set the temperature for each area of your home.

Save £400 per year!

<https://youtu.be/f0pybMoCnhU>



What is in the TRIME toolkit?



Online

THERMOMETER.CO.UK

Healthy living Thermo-Hygrometer

£8.50 (£2.40 delivery)

High-street

ROBERT DYAS, DORKING

Briers digital weather station

£17.99

What is in the TRIME toolkit?



Online	High-street
<p>AMAZON</p> <p>Radflek Radiator Reflectors (3 Sheets, Fits 3-6 Radiators)</p> <p>£19.99 (Free delivery)</p>	<p>ROBERT DYAS, DORKING</p> <p>Radflek Radiator Reflectors (3 Sheets, Fits 3-6 Radiators)</p> <p>£19.99</p>

How to install a radiator reflector

https://youtu.be/Z90FyvjuP_s



3

Spend less time in the shower

Spending one minute less in the shower each day will save **£10 off your energy bills each year**, per person.

With a water meter this will save a further £15 off annual water and sewerage bills.

If everyone in a four person family did this it would lead to a total saving of £100 a year.

What is in the TRIME toolkit?



Online	High-street
AMAZON 5 minute timer £5.90 (Free delivery)	Not available

What is in the TRIME toolkit?



Online	High-street
<p>Save money cut carbon</p> <p>£1.95 (Free delivery)</p>	<p>Not available</p>

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Turn off lights

Turn your lights off when you're not using them. If you switch a light off for just a few seconds, you will save more energy than it takes for the light to start up again, regardless of the type of light.

This will save you around **£15** on your annual energy bills.

Switch to LEDs

You can now get LED spotlights that are bright enough to replace halogens, as well as regular energy saving bulbs ('compact fluorescent lamps' or CFLs). They come in a variety of shapes, sizes and fittings.

If the average household replaced all of their remaining old-fashioned bulbs with CFLs, and all of their halogens with LEDs, it would cost about **£100** and save about **£35** a year on bills.

What is in the TRIME toolkit?



Online	High-street
AMAZON	ROBERT DYAS, DORKING
Pack of 5 10w LED bulbs	1 x OSRAM 10w LED bulbs
£22.50 (Free delivery)	£8.99 (2 for £12)

5

Draught excluder

- A home will lose some heat through draughts around doors and windows, gaps around the floor, or through the chimney.
- DIY draught-proofing of windows, doors and blocking cracks in floors and skirting boards can save up to **£25 to £35 a year** on energy bills.

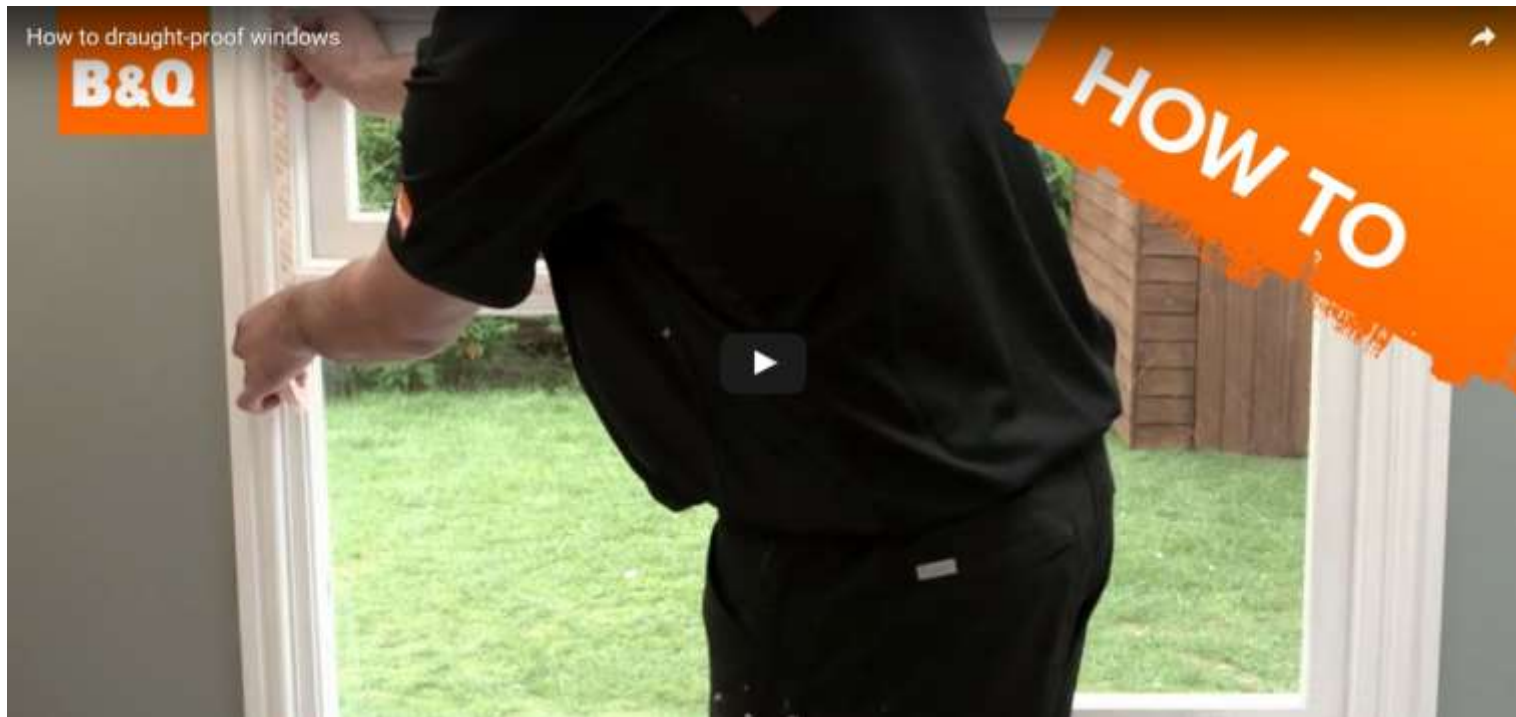
What is in the TRIME toolkit?



Online	High-street
<p data-bbox="801 775 993 811">AMAZON</p> <p data-bbox="801 889 1282 925">Edwards 3 x 9mm White</p> <p data-bbox="801 1061 1209 1096">£2.36 (Free delivery)</p>	<p data-bbox="1335 775 1831 811">ROBERT DYAS, DORKING</p> <p data-bbox="1335 889 1707 982">Stormguard 15mm White</p> <p data-bbox="1335 1061 1450 1096">£2.99</p>

How to install draught excluder tape

<https://youtu.be/hMMcvFqa4Cs>



What is in the TRIME toolkit?



Online	High-street
<p>AMAZON</p> <p>Thermo Cover 4m x 1.5m</p> <p>£13.26</p>	<p>ROBERT DYAS, DORKING</p> <p>Stormguard Secondary Glazing Film – 6sqm</p> <p>£9.99</p>

How to install window film insulation

<https://youtu.be/REXwCNP9No>



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Get a shower head

If you've got a shower that takes hot water straight from your boiler or hot water tank (rather than an electric shower), fit a water efficient shower head. This will reduce your hot water usage while retaining the sensation of a powerful shower.

A water efficient shower head could save a four person household around **£67 a year** on gas for water heating, as well as a further **£100** on water bills if they have a water meter.

What is in the TRIME toolkit?



Online (Best option)	High-street
<p>SAVE MONEY CUT CARBON</p> <p>Hansgrohe 1Jet eco smart showerhead</p> <p>£24.99 (Free delivery)</p>	<p>ARGOS</p> <p>Mirre response (has water saving option)</p> <p>£15.99</p>

How to install an eco-shower head

<https://youtu.be/PCEwHClU9o8>



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Careful in your kitchen

You can save around **£50 a year** just by using your kitchen appliances more carefully:

- Use a bowl to wash up rather than a running tap and save **£30 a year** in energy bills.
- Only fill the kettle with the amount of water that you need and save around **£7 a year**.
- Cutback your washing machine use by just one cycle per week and save **£5 a year** on energy, and a further **£8 a year** on metered water bills.

Continued...

- Cover your pans when cooking to reduce cooking time and energy consumption.
- Replace any broken seals on your fridge/freezer and defrost your freezer regularly.
- Wash your clothes at 30°C rather than 40°C and you can save a further **£10 a year**.

What is in the TRIME toolkit?



Online	High-street
AMAZON £1.50 (£1.50 delivery)	ROBERT DYAS, DORKING £4.99

What is in the TRIME toolkit?



Online

Tapstore.com

Pillar tap flow regulator
£2.50

Shower flow limiter
£4.62

High-street

ROBERT DYAS, DORKING



TRIME



How to install a tap flow regulator

https://youtu.be/G-nH_o2JGoM



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Switch off standby

- You can save around **£30 a year** just by remembering to turn your appliances off standby mode.
- Almost all electrical and electronic appliances can be turned off at the plug without upsetting their programming. *Check the instructions for any appliances you aren't sure about.*
- Some satellite and digital TV recorders may need to be left plugged in so they can keep track of any programmes you want to record.

What is in the TRIME toolkit?



Online	High-street
AMAZON 3 gang extension lead £6.99 (Free delivery)	ROBERT DYAS, DORKING 6 gang extension lead £12.99

What is in the TRIME toolkit?



Online	High-street
AMAZON	Maplin, Epsom/ Crawley
Esocket Plug-in KWH	13A Plug In Energy Saving Monitor
£9.95	£9.99

Don't forget the 8 things you can do to save energy

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R **E** **C** **A** **P**

Thank you