

TRIME Energy training for social Housing staff



Purpose of this training

By the end of this session, you will:

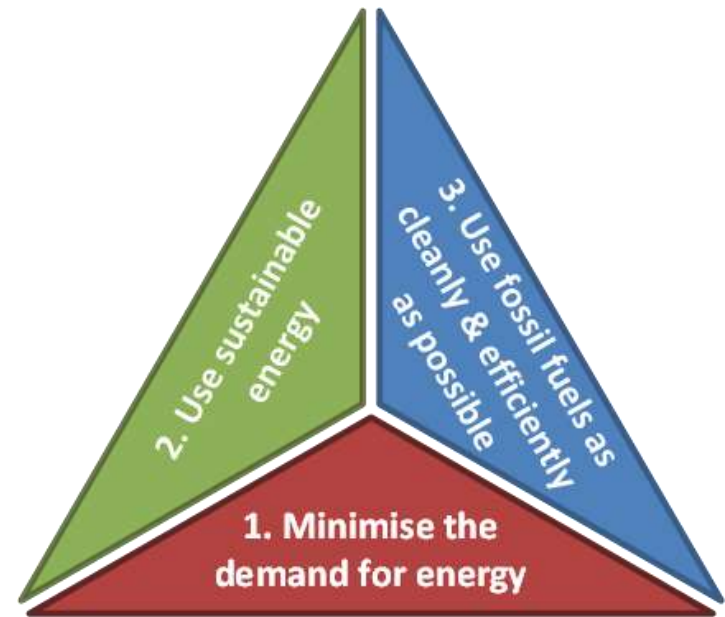
- Learn the objectives of the European TRIME project
- Understand why we should enable residents to save energy
- Understand how a resident can cut energy use in their home
- Understand how to support tenants to reduce their energy bills
- Have some ideas for how to engage with colleagues/tenants on these issues

European TRIME project

TRIME stands for **Trias Energetica**, the agreed 3 ways to reduce energy consumption:

- Reduce energy demand
- Use renewable where possible
- Efficient use of fossil fuel

Mores is Latin for behaviour and is key to helping social housing residents save energy



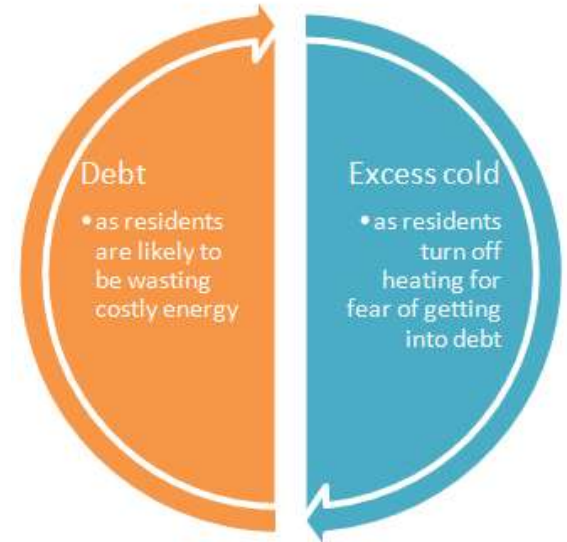
Why is it important to save energy?

- Energy Bills and Fuel Poverty cause worries for residents
- The risk of heart and lung disease
- Damp and mould have been linked to respiratory problems, allergies and asthma
- Can affect young children's development affect mental health of adolescents
- Cold homes can cause elderly to die in winter

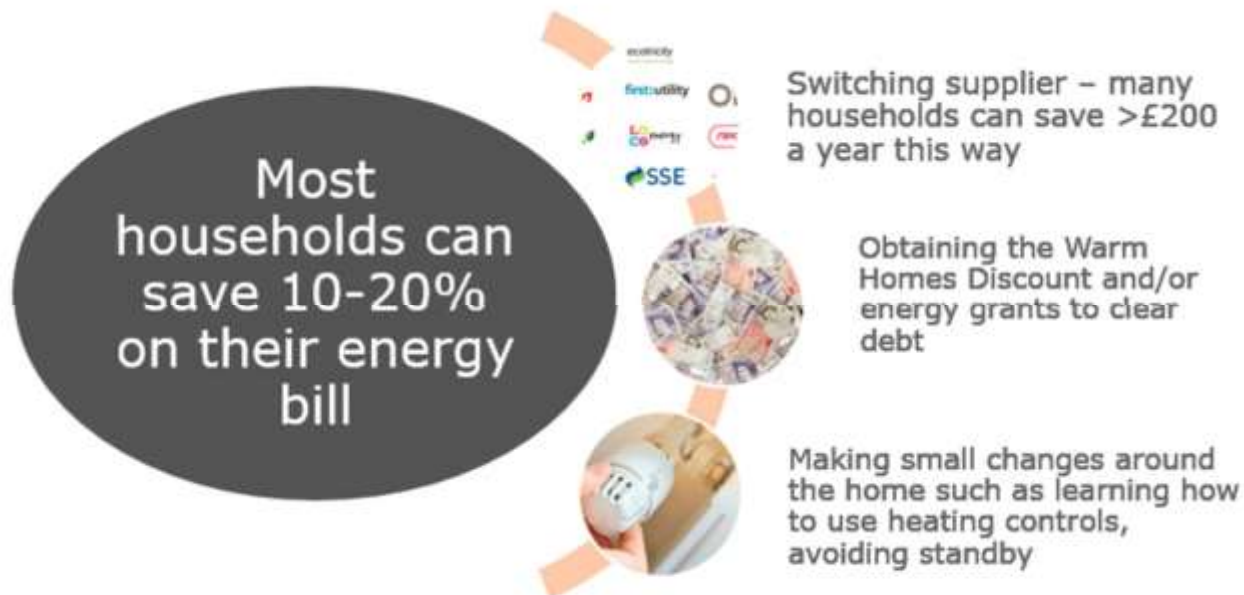


Reducing Fuel Poverty and Debt

- A household is fuel poor if they are on a low income with higher than average energy costs
- 2.4 million households currently in fuel poverty in England
- Average household energy bill:
 - ❖ 2004 - £522
 - ❖ 2014 - £1,300
 - ❖ 2020 - £2,600?
- Cost of energy = top household worry for 90% of Britons



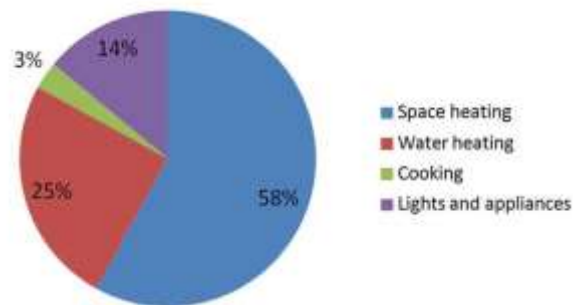
How a resident can cut energy use in their home



How do we use energy in the Home?

We need energy for:

- Space Heating
- Water heating
- Cooking
- Lighting and Appliances



How to support tenants to reduce their energy bills

Space Heating – Scope for Saving Energy

Tools available in most homes to control heating:

What are these? What do they do?

- **Radiator valve** For setting the overall temperature of the home
- **Programmable** are for programming when heating comes off and on
- **A thermostat** is for setting the overall temperature of the home
- Having a thermostat, programmer and 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



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Other ways to keep in the heat



Close the curtains at night



Open curtains
of south-facing windows during the day



Actions residents can take

- Use thermostat to lower overall temperature of house
- Use programmer to control when heating comes on and off
- Use TRVs to turn down radiators in unused rooms
- Move furniture from in front of radiators
- Put reflective panels behind radiators
- Close curtains at night



Hidden energy usage

Actions residents can take

- Make it a habit to switch off your appliances from the plug point; it saves an 5% of power! This represents 300 to 500 kWh per house and per year (equal to an iron running non-stop for 6 months)
- A TV screen left on 'standby mode' for a year can cost up to 20 Euros
- A multi-switch-socket allows you to turn them all off at the same time and avoiding wasting unnecessary power and money!



How to support tenants to reduce their energy bills

Water heating – Scope for Saving Energy

Conserving Water in the home

- A dishwasher is often more efficient than doing dishes by hand
- A dishwasher only uses 10-12 litres of water for about 3 meals (it would take 100 litres to do them by hand)



Showering versus taking a bath



Bath = 100-200 litres of water

Shower = 50-70 litres of water

1 bath = 3 showers = 3 Euros of saved/months

How to support tenants to reduce their energy bills

Cooking – Scope for Saving Energy

Saving energy when cooking



- When cooking, water heats 4x faster using a lid
- A microwave is an economic way of cooking
- When using an electric hob, turn off the heat earlier
- Use the right size hob for the size of the pan to be most efficient
- When making hot drinks, boil only as much water in the kettle as needed

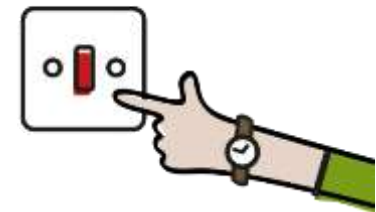
How to support tenants to reduce their energy bills

Lighting and Appliances – Scope for Saving Energy

Replace lighting with LEDs

Lighting makes up 10-15% of the overall electricity bill. LED lighting are the cheapest to run and should be replaced as the old bulbs stop working

	1	2	3	4
				
	Lampes à incandescence	Halogène	Lampe Fluo-Compacte	LED
Puissance	60 W	42 W	15 W	8 W
Durée de vie moyenne	1.000 h	2.000 h	8.000 h	25.000 h
Flux lumineux¹	710 lumens	630 lumens	700 lumens	450 lumens
Efficacité lumineuse²	11,83 lm/W	15 lm/W	46,67 lm/W	56,25 lm/W
Prix indicatif	1,00 €	3,00 €	15,00 €	25-50,00 €
Coût moyen sur 8.000 h³ (soit 3h/jour pendant 8 ans)	113,60 €	85,92 €	33,36 €	54,08 €



Saving energy by choosing the right appliances

Generally, the larger appliance, the more energy it consumes

It's best not to oversize the device and to choose their size and their capacity, depending on the composition of the household and its needs



Example: Fridge Freezer

The average use is 100 litres for a single person and 50-60 litres for each additional person in the home

A family of 4 uses 100 litres + 50 (60) x 3, or between 250 and 280 litres

Replacing older Appliances to conserve energy

Washing machine Bosch 7kg (1999)



330kWh = 48 Euros

Washing machine Bosch 7kg (2016)



104kWh = 15 Euros

68% - 33 Euros of savings

**Use the TRIME Project to help you
support
your residents to save energy**

Taking the TRIME Energy Challenge

- Residents can take the TRIME Challenge on the TRIME website. The challenge provides lots of energy saving tips.
- The TRIME website can also provide organisations with help to understand how they can help residents save energy.
- The TRIME Challenge can be found here: www.trime-eu.org/challenge/



Set up your own Energy Ambassador Programme

There is training material on TRIME EU website:

- PowerPoint slides on how to train residents to become Energy Ambassadors
- A training film, publicity material, newsletters
- Reports and case studies
- Visit www.trime-eu.org