

BRIGHT IDEAS

1

SAVE
£50

Lighting is a major source of electricity consumption in the home.

Switching to energy-saving lightbulbs and turning lights off that you aren't using could save around **£50 a year**.



Switching off appliances that you aren't using and unplugging them can also save an additional **£30 a year**.

SAVE
£30

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And you could save a further £50 a year just by **washing your clothes at 30°C**.



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TIPS FOR
SUSTAINABLE
LIVING

LEAVE THE CAR AT HOME

2

41%

of journeys under 2 miles
in the West Midlands are
made by car.

By leaving the car at home we can burn
calories instead of the carbon in our fuel
tanks. You'll save money on petrol and
parking whilst contributing to better air
quality. One study has estimated that cycling
a typical 5-mile commute could save you
£3,000 per year compared to using a car.



With the Government's £2
billion package to encourage
walking and cycling, and
more cycle lanes being
introduced locally, there
has never been a better
time to start cycling.

£2
billion

22 September is Car Free Day and that week is
also Cycle to Work Week – plenty of reasons to try
leaving the car at home and seeing how else you
could get to where you need to be. TfWM recently
unveiled the Starley Network a new 500-mile cycling
vision for the West Midlands and is also leading the
way by trialling e-scooters as an alternative to cars.



MAKE A GREEN SWITCH

3

Did you know that people save on average £200 per year just by switching energy provider

The good news gets better as many of the cheapest providers also offer energy from renewable sources such as **wind and solar power**.



**SAVE
£200**

**QUICK
& EASY**

It is quick and easy to change your energy provider with the average switching time between 16 and 18 days.



You won't have your supply disrupted or require any work to be completed on your home or garden. If you need help switching, there are plenty of useful guides online.

KEEPING THE HEAT

4



Around 35% of heat loss in homes is through draughty windows and doors and there are many things people can do to keep the heat in.

Better insulation in wall cavities or the loft can save an impressive £600 every year. But cheaper measures such as draught excluders could also save up to £20 a year.

But the great news is you can now [access the Government's new green homes grant](#) to pay for measures that will keep the heat in. The grant covers two-thirds of the costs of home improvements up to £5,000. Those on low incomes who are owner-occupiers and in receipt of income-based or disability benefits can get the whole cost covered up to a maximum Government contribution of £10,000.



After you've managed to keep the heat in your home, turn your thermostat down by just 1 degree to save an extra £80 a year.

MEAT FREE IDEAS

5



Did you know a cow releases around **100kg of methane a year**, which equates to 2,300kg of carbon emissions, or the equivalent of driving your **average car nearly 8,000 miles?**

If every family in the UK swapped one red meat meal a week to a vegetarian one, it would be equivalent to removing **16 million cars from the road.**

16
MILLION



Plant-based alternatives to meat can also make meals cheaper especially if you buy seasonal vegetables. [So why not make Mondays meat free from now on?](#)



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