



CARBON WORKOUT GUIDE:
**SAVE MONEY, SAVE THE
ENVIRONMENT**

WITH SPIRALLING ENERGY BILLS, COST AT THE PUMPS AT A RECORD HIGH AND RISING FOOD PRICES, MANY HOUSEHOLDS IN HEREFORDSHIRE ARE STARTING TO FEEL THE SQUEEZE.

Here are ten money-saving ways to look after the planet – and your pocket with thousands of pounds up for grabs by making lifestyle changes that require zero or very little effort.

The Greener Footprints campaign, which is being rolled out across Herefordshire to support the county in becoming zero-carbon and nature rich by 2030, has created this special Carbon Workout Guide which helps local people save money, at the same time as doing their bit for the environment.

I. TOP UP YOUR LOFT INSULATION TO 30CM

Savings: Up to £580 per year

How: As much as 25% of building heat can be lost through your roof if it's not insulated. Depending on the type of house, you could [save up to £580 per year](#) on energy bills by adding or improving your loft insulation.

There are grants available to help with the costs – to check if you're eligible call 0800 677 1432 or visit www.KeepHerefordshireWarm.co.uk for more details.



2. CHOOSE A SECOND-HAND OR REFURBISHED PHONE

Savings: £100+

How: If you need to replace your phone, why not save money and reduce waste by buying a second-hand or refurbished model

Several online companies such as giffgaff and Backmarket offer refurbished devices with a 12-month warranty. You can also get cash for recycling your old phone. Try a comparison site such as www.compareandrecycle.co.uk to get the best price.

Alternatively, if it's just the screen that's broken, many local Herefordshire high streets have repair shops which can fix most phones and also offer second hand deals.

3. USE A REFILLABLE DRINKS BOTTLE

Savings: Around £1 per refill

How: Carry your own drinks bottle to reduce plastic waste and cut costs.

Download the free [Refill app](#) to find your nearest refill station. There are lots of shops, pubs, cafes and other organisations in Hereford and the market towns where you can refill for free - just look out for the refill sticker.



4. JOIN A CAR SHARING SCHEME

Savings: £500+ per year

How: If you only use a car 2-3 times per week, you could halve your motoring costs by joining a community car club – there are now six in Herefordshire.

Find your nearest club at www.carshareherefordshire.org and visit www.moneyhelper.org.uk to calculate what you could save.

5. SHOP SECOND HAND

Savings: £10++

How: The average weekly household spend on clothing and footwear is £23.40, rising to £29.10 for 30-49 year olds which is £1,216.80 and £1,513.20 per year respectively.

Reduce waste and reuse by supporting a good cause by choosing clothes from local charity shops.

As a community you may want to create a local second-hand clothes market event now spring has arrived and the weather is improving.

Alternatively try www.vinted.co.uk for second hand branded clothing or Facebook Marketplace for local sellers.



6. BIKE TO WORK

Savings: Over £3,000 per year¹

How: Commuting on two wheels is cheaper, greener, and great for fitness and concentration too.

Calculate what you could save and find out how to get a new bike tax-free at www.cyclescheme.co.uk or if you live in Hereford take advantage of the [Beryl bike share scheme](#).

For local cycling information visit:
www.herefordshire.gov.uk/cycling



7. UNPLUG UNUSED CHARGERS

Savings: Up to £30 per year

How: Chargers and electronic devices such as tablets and games consoles can still use energy – and increase your bills – while left on standby. Unplug them for easy savings. For maximum savings avoid leaving devices charging overnight.

8. MAKE SMALL HOME ENERGY IMPROVEMENTS

Savings: £55 per year

How: Fitting radiator reflectors on external walls could reduce your energy bills by £20 a year. Insulate your hot water tank with a hot water cylinder jacket to save a further £35 annually.

Visit www.energysavingtrust.org.uk for more ways to save money at home.

9. USE A THERMOSTAT

Savings: Up to £150 year

How: It's a myth that having the heating on constantly at a low setting is cheaper – in fact you could reduce energy use and save more than £100 per year by using a thermostat to regulate the temperature. Turning your heating down just one degree could save even more.



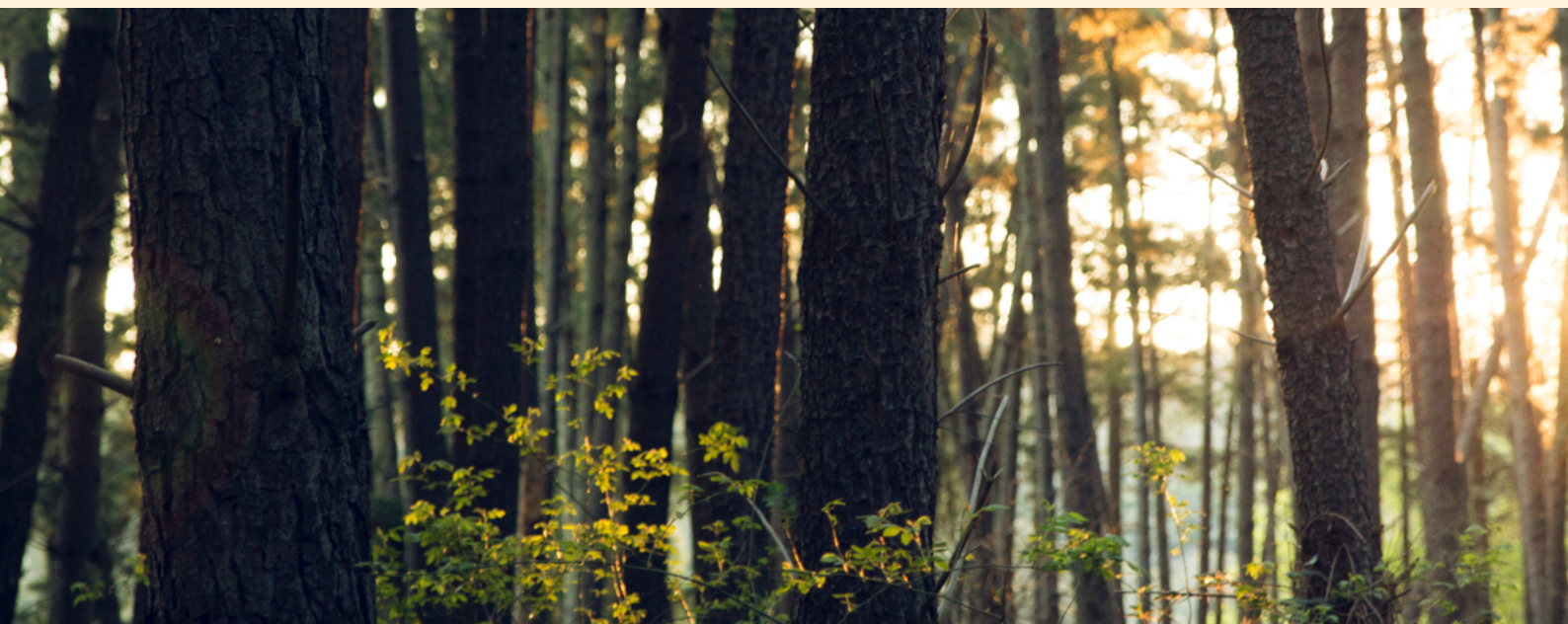
¹ Based on a typical 5-mile each way commute

10. WASH CLOTHES AT A LOWER TEMPERATURE

Savings: Up to £44 per year

How: According to [Which?](#), most modern washing machines can still do a good job at 30 or even 20 degrees. Reducing the temperature of your wash uses less energy and could save up to £24 a year. Cleaning out the filter on your tumble dryer could save a further £20 per year (although drying clothes outside is the cheapest option!).

For more free home energy advice visit www.KeepHerefordshireWarm.co.uk or call 0800 677 1432



WHAT STEPS WILL YOU TAKE? COMMIT YOURSELF TO CLIMATE AND NATURE ACTION BY SIGNING A GREENER FOOTPRINTS PLEDGE TODAY.

Visit www.greenerfootprints.co.uk and access a range of materials to support and promote your commitment to positive change. Not only will you be doing good for the planet, it will be good for your pocket.

#greenerfootprints

WWW.GREENERFOOTPRINTS.CO.UK

