

ENERGY EFFICIENCY

NET ZERO TARGET

COMMUNITY LED ACTION

NEWSLETTER

Highland Energy Community Partnership (HECP)

Introducing the Lochbroom & Ullapool Community Trust HECP Project



This first Newsletter is to introduce the project to our local community. Following successful funding from the National Lottery Community Fund, the Highland Energy Community Partnership was established. The Partnership involves six community based organisations in the Highlands, including LUCT. The other partners are the Coigach Community Development Co, Transition Black Isle, GALE, Garve & District and Contin, Tarvie & Jamestown Projects.

The project is funded for five years, and brings together the community partners, working together to bring down energy costs and cut carbon emissions for local households. Each community partner has a local Energy Officer with project administration and a central team at Changeworks co-ordinating the overall partnership. More information can be found at www.changeworks.org.uk/highland-energy-community-partnership.



LUCT

WWW.LUCT/HECP

Get in Touch

If you have a question about the project locally you can get in touch using the form on our website or call Matthew 07356 230883

MEET THE LOCAL TEAM



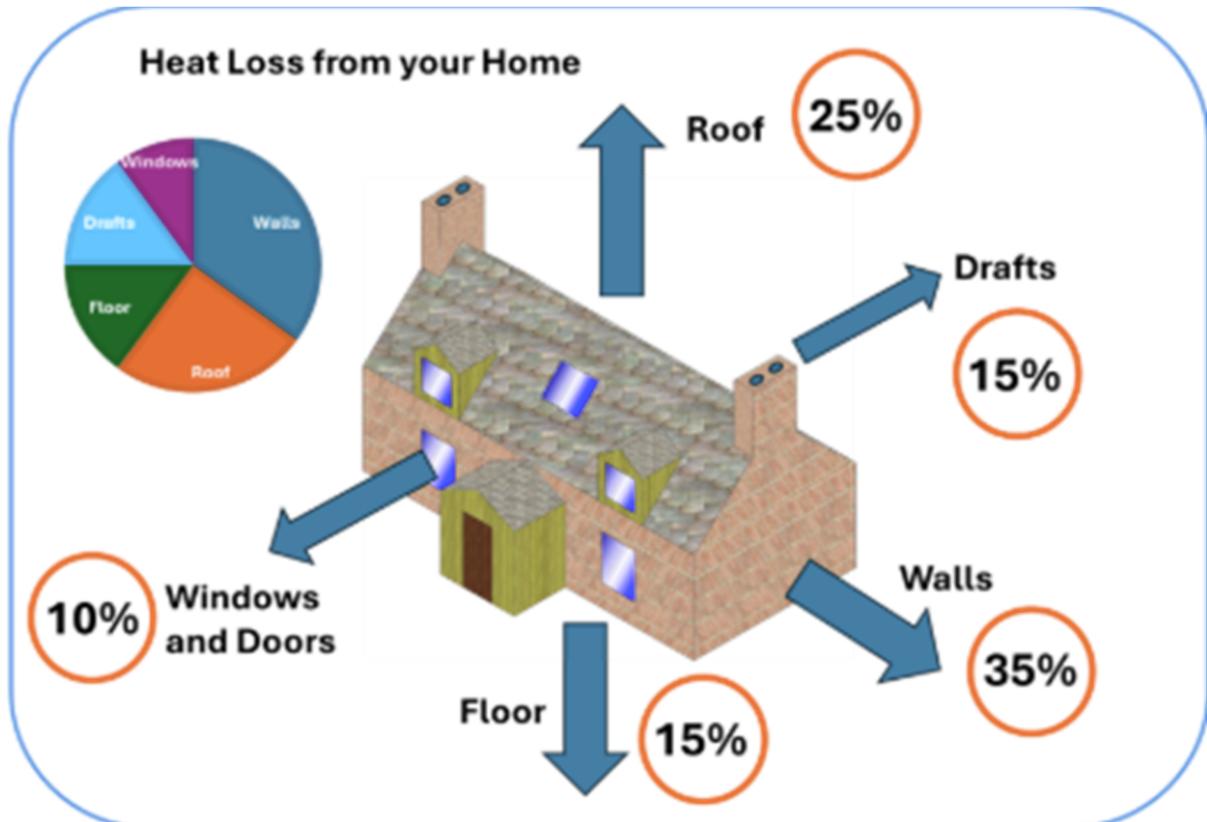
Matthew Holmes, Home Energy Officer

Matthew is relatively new to Ullapool having arrived recently from Brighton. He has a career in engineering, as well as lecturing, outdoor pursuits and teaching. He is on the board of Broompower and operates the Isle Martin Ferry.

Sue Agnew, Project Support Officer



Sue has lived in the area for some time, and was previously part of the local NatureScot (SNH) team. She is new to the LUCT team, and as well as supporting Matthew in HECP work, she also supports the volunteer LUCT Board.



Why is this project vital for the Lochbroom & Ullapool area?

Homes in the Highlands are some of the hardest to heat in the UK. We live in a cold climate, often windy, but also often damp. Insulation and ventilation has to work differently to balance a comfortable heating level, and efficient use of the fuel.

The Home Energy Advice team is well aware that sometimes this pushes the question of whether to heat or eat. No one in our community should be in this position and if heating bills are just too difficult to cover, then we at HECP can help. We can help you find ways to reduce your costs or support for payments.

We can also demystify the language around this and help you apply for anything that might be available to help you.

A study undertaken by our local energy and consumer protection expert Colin Meek, surveyed the Energy Performance Certificates (EPC) of more than 200 homes in Lochbroom and found that:

- There is a high proportion of homes in the area that require more energy to keep warm; 46% of homes fall into the lowest EPC bands (E, F, G) compared to only 8% across all of Scotland

- Even worse, there is a strong correlation between fuel poverty and energy efficiency. The Scottish House Condition Survey (SHCS) for 2023 estimates fuel poverty for housing type.
- For communities in rural areas like ours, the estimates are that 44% of households are fuel poor.

Did you know? Roughly 62% of the energy use within a typical home is spent on heating?



LED LIGHTING, A QUICK WIN....

Lighting typically represents only 3% of the energy use within a home, but imagine if you could save 90% of this. Modern LED replacements for filament bulbs and halogen spotlights provide light that is just as bright an only uses around 10% of the electricity. They also can last up to 10x as long!

Some energy saving tips

We know that many folks know about the various simple things that you can do to reduce your energy bills, but a reminder is always handy....

- Get in the habit of switching off TV's and computers (especially monitors) when not in use
- Particularly for large families, get in the habit of taking shorter showers
- Run your washing machine on 30 degrees C and overnight if on an economy rate
- Fill kettles only to the amount of water you need to boil.
- As the outside air temperature drops, you can work out where the cold drafts come from. Think about curtains/draft excluders for external doorways.



- If you have an immersion heater, do you need to leave it on every night?
- Does it have an insulating jacket? These can be easily fitted and will save you money in the long run.
- Try to avoid using an electric oven for long periods of time
- Do you know how to get the best from your heating controls?
- Only heat the rooms/spaces you use.



What is Fuel Poverty? In Scotland, fuel poverty is defined as when a household needs to spend more than 10% of their income on heating their home to an acceptable standard of living.

The primary causes are a combination of low income, high energy costs and inefficient hard-to-heat homes.

Insulate, Insulate, Insulate. You could lose as much as 25% of your heat through your roof. Loft insulation is really important. If you don't have any, you can get a grant towards the cost of this. The guidance is that 27cm is the minimum depth you should have. If you have less than this, you should consider a 'top up' to achieve this level.

Walls are also a way to lose even more heat. Internal wall insulation can make your home so much easier to heat. We've seen a drastic reduction in heat loss after wall insulation was fitted. There's a great short film showing what it might involve and the benefits: <https://www.youtube.com/watch?v=RF05mWlvsjY>

Want to know more?



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KEY WEBSITES AND LINKS:

Home Energy Scotland

<https://www.homeenergyscotland.org/>

Area Based Scheme - Highland Council

<https://www.highland.gov.uk/climate-change-net-zero/energy-efficient-scotland-area-based-scheme/5>

Centre for Sustainable Energy

<https://www.cse.org.uk/>

Home Energy Scotland - case study for remote regions

<https://www.homeenergyscotland.org/creating-greener-home-support>

What are Energy Performance Certificates?

<https://garve.org/home-energy-blog>

Watch Guy Martin's House

Without Bills | Stream free on Channel 4

<https://www.channel4.com/programmes/guy-martins-house-without-bills>

EVENTS DIARY

Energy Day

LUCT HECP is holding an Energy Day on **Thursday 23rd April**.

It's a chance to come along and talk to Matthew and Sue, meet Home Energy Scotland, some installers and suppliers of retrofit services, find out a bit more about how you might save energy, or explore some ways to improve the efficiency in your home. Watch out on our website www.LUCT/HECP and facebook page for details as the programme develops. We will also advertise in the Ullapool News.

We look forward to seeing you there.

Highland Energy Community Partnership
 with **CHANGEWORKS.**

