



# Carbon Campaign Newsletter - January 2013

## WHAT'S ON JANUARY 2013?

If you're thinking of booking your summer holiday now that Christmas is over, why not try something different this year and think about going somewhere that's eco-friendly. Here are a couple of ideas :-

**Scotland- Wild at Heart eco-holidays** encourage us to stay right here in Moray and appreciate this "gem of natural beauty". From dolphin, seal and bird watching to the more active mountain biking, kayaking and horse riding, Scotland has a lot to offer.



For more information visit the website

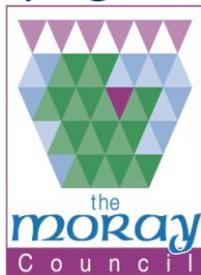
<http://www.wildatheart-ecoholidays.com/>.



**Turkey - The Yuva Eco Holiday Centre** is a 'nest' of

sustainable living, combining traditional lifestyles, organic gardening, renewable energy sources, environmentally responsible tourism and the practice of the healing arts.

<http://www.yuvaholidays.com/> is the website with more details.



## Introduction

Happy New Year to all staff and welcome back to work. This year at the Moray Council we aim to make it our greenest yet. This is the first of 12 monthly newsletters we will be producing in 2013 to raise awareness and encourage staff to get involved.

We have been busy thinking up ways to reduce our carbon footprint and make us a more sustainable organisation. A list of things that we can consider as individuals is available on page 2 of this newsletter, but if you have more we'd like to hear about them. We're always open to suggestions for ways we can save energy, resources and money, so if you have a carbon-busting solution, please let us know. Contact [energy@moray.gov.uk](mailto:energy@moray.gov.uk) with your idea.

Also this month, if you're thinking of booking your post-Christmas getaway but have taken a New Year's resolution to reduce your flights, have a look at some of our eco-friendly holiday solutions.



## Website of the Month

<http://www.ecoescape.org>

Planning your Easter or summer holiday and want to reduce your air miles? Whether you're exploring Britain on a budget, or looking for a romantic but eco-friendly getaway, ecoescape is the ultimate resource.

From cabins made of straw to 'green' hotels and campsites, there are dozens of exciting holiday destinations in the UK, and this website will help you in the difficult task of



choosing. Packed with really useful extras - cycle routes, train stations, organic pubs and things to do when you're there, the site is also available as a book.

## Celebrity Corner



If you got a Cameron Diaz film in your Christmas stocking rejoice in the knowledge that Cameron is a bit of an eco-warrior. The actress, crowned 'Queen of Green' by Vogue in 2009, drives a Toyota Prius and supports climate activist Al Gore in the Save Our Selves initiative, the campaign for climate in crisis.

## What did Santa bring you this Christmas?

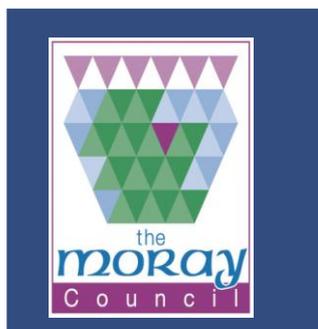
Don't hide your Christmas jumper in the wardrobe! Your challenge this month is to wear your jumper to work and turn down the heating. Send a photo of you wearing your jumper at work to [energy@moray.gov.uk](mailto:energy@moray.gov.uk) and we will print the best ones in next month's newsletter. There's a prize for the jazziest jumper so send us your photos by the end of January.





## PowerDown

Leaving electrical equipment on standby wastes energy, costs money and can reduce its lifespan, but it can be time consuming turning off all your peripherals one by one and let's face it we all forget from time to time. During 2013 the Energy Team will be visiting your workplace to install powerdown devices which will switch off your monitors and other peripheral devices automatically when your base unit is switched off.



## Five New Year's Resolutions for a Low Carbon Lifestyle

If you've been thinking for a while about your carbon footprint but don't want to make radical changes to your life, we have a few ideas which might help steer you in the right direction. Don't worry they don't require you to live in a treehouse or start washing your clothes in The River Lossie. Of course, you don't just need to pick one from the list below, you can think of your own or select more than one. Remember, the more you choose, the "greener" you will become. Even one positive change will make a difference.



1. Switch off your TV and stereo equipment via the button, not the remote control. Standby accounts for a great deal of wasted energy. It's estimated that the average household wastes £37 per year on standby in the UK alone!
2. Try an alternative method of getting to work 1 day a week; if you live within 5 miles you could try cycling, within 2 miles you could try walking or cycling and you may be near a bus route. If you're really hooked on your car why not try sharing it! Whichever you choose, steer away from driving alone.
3. When going shopping, take a reusable bag with you and say "No" to the plastic ones. Plastic bags end up in landfill sites or the world's oceans, releasing harmful gases as they struggle to biodegrade and harming wildlife.
4. Eat less meat; Farm animals produce a lot of greenhouse gases which are harmful to the planet, not to mention that the trees that are chopped down to use land for grazing / planting. If you're not up to giving up your haggis altogether, try cutting down on the amount of meat you eat in the week.
5. Try to reduce your water consumption as much as possible - take less than 5 minutes in the shower, take fewer baths and turn off the tap when you clean your teeth. Maybe try all three!

## Exploding Environmental Myths

***"Turning up my thermostat to maximum will warm up my house faster".***

**ANSWER:** No it won't. If the thermostat is calling for heat the boiler will work as fast as it can to supply the heat until the demand is met. So setting the thermostat at a higher temperature will make no difference. If a house temperature is at 15°C because you have been away for the weekend and you set it at 30°C the house will not warm up faster than if you set it at 20°C. All that will happen is that you will overheat the house and waste energy.

The same is true with cooling. If the set point is turned to a very low setting (e.g. 18°C) the space will not get cooler faster. It will result in excess energy use by overcooling.

*Turning your thermostat down by 1°C will save 9% of the energy you use to heat your home*

