

# Could you get more involved with Congleton Sustainability Group?



Congleton Sustainability  
Group



## Why?

### We're the group working to reduce the town's carbon footprint by:

- Working with local schools to become Eco-Schools – 13 out of 16 schools in Congleton are at the highest Green Flag level, educating our schoolchildren in sustainable living
- Challenging the housing developers and Cheshire East Council to produce sustainable housing
- Using surplus apples to produce Congleton Apple Juice profits from which have paid for 250 apple trees to make mini orchards in Congleton schools
- Teaching people how to live low carbon lives through our SLIC (Sustainable Living in Congleton) courses
- Raising the profile of the town as part of the Transition Town movement in the UK
- Supporting Congleton Cycling Campaign to improve local cycling facilities



## Still interested?

### If so, how can you help?

- We need help selling Congleton Apple Juice at Congleton Artisan Markets and Rode Hall Farmers Market.
- We need someone to do publicity for us.
- Join a SLIC course.
- Join the core group at our monthly meetings.
- Learn more about growing your own edibles by helping care for Congleton Food4Free plantings in our public spaces.

## Yes?

Then either call me, Peter Aston, Chair of CSG on **07971 805372** or drop an email to [peteraston@btinternet.com](mailto:peteraston@btinternet.com)

**THANK YOU!**



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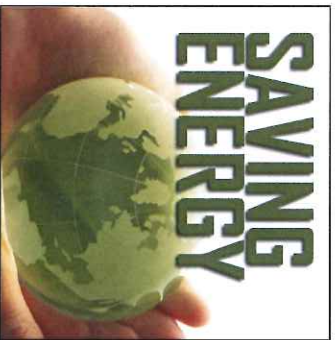




## 2. Be a real 'turn off'! - Quit wasting energy

We waste lots of energy simply by leaving lights on and appliances on standby. Switch things off. It really is that simple!

- When using a kettle, only boil the water you need.
- Turn off lights when leaving a room.
- Many devices use current when on standby. Turn them off at the socket, eg TVs, (but not internet routers where their performance may be affected).
- Don't recharge mobile phones overnight. If they only take an hour or so to charge, they may waste energy.



Save  
energy  
and  
money

## 3: Reduce your use

Small changes can reduce your energy use and make big savings! We often use energy unnecessarily. Making small changes can save lots of energy and money.

### See the light

Energy saving light bulbs are more expensive to buy but save energy and last up to 10 times longer than filament ones.

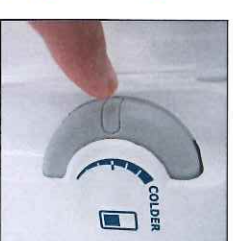
Fitting just one compact fluorescent bulb can save you about £3-£6 a year.

**An LED is even more efficient, lasts even longer and gives full brightness instantly.**

Saves £3-6 per bulb per year!  
Lasts up to 10 times longer!

### Turn it down

- Turning your heating down by one degree centigrade could save £75 per year - or even more!
- Turn your thermostat down until you find the lowest setting at which you're warm enough - and put on a jumper.
- Set the heating to come on 20 minutes before you wake up (or return home) and turn off 15 minutes before you leave.
- Turn your heating off at night - you'll sleep better.
- Keep furniture away from radiators and use radiator thermostatic valves to keep different rooms at different temperatures.



### Washing clothes

Save on water usage and water heating costs.

- Use a full load in your washing machine, or use the half load setting.
- Wash on a lower temperature. Most washing products work well at just 30 degrees.

You could  
save up to  
£75 per  
year!

- In the summer, dry clothes outside. The tumble dryer just eats money!

Buying a new  
washing  
machine?  
Buy an energy  
efficient model

