

The Green House Report

March 2012



Community
Alliance Trust


green house

Summary

The Green House project was set up to help residents of the Craigmillar area to reduce their carbon footprint by;

- reducing energy use
- recycling more
- reducing food waste
- using more sustainable transport
- growing more local food
- organising physical energy efficiency improvements in homes

Participants were encouraged to come into the Green House shop for advice and book home visits to help them find ways of achieving these aims.

With the support of volunteers and partner organisations, the Green House put on talks and events and worked in partnership with other local groups to encourage people to take part. In many cases, participants were referred to appropriate places for further help, grants, installation of insulation measures and repairs.

Through doing this, we helped 551 people to save energy and money, and do their bit for the environment.

Achievements

Between July 2011 and March 2012 the Green House helped:

- **75** people start recycling
- **56** people waste less food
- **34** people drive more efficiently
- **257** stop leaving appliances on standby, by using a TV or PC powerdown
- **34** people get loft insulation or a top-up
- **20** people get cavity wall insulation
- **82** people learn to use their heating or hot water system more effectively

From our feedback questionnaires people have managed to achieve **72%** of their actions. Together we have saved an estimated **289** tonnes of carbon emissions, which is the equivalent of getting more than **250** cars off the road.

"The shower timer is just great, I use the advice given by the advisor..to use it as a game for the kids who can take the shortest shower with a wee treat at the end"

"I waste less food now, I didn't realise how much I threw away"

Thrift Shop

We commissioned a feasibility study for a local thrift shop for Craigmillar, which has led to the development of a business plan.

"I got my recycling boxes thank you, they are really easy to use"

The Green House

We launched our advice shop on Niddrie Mains Road in July 2011 and it was open weekdays plus one Saturday per month until mid-March 2012. The layout was welcoming and informal, with comfy sofas and a children's play area. We had a wide range of leaflets and posters, and displays of energy monitors, low-energy light bulbs, recycling bins and other 'green' items.

Once they were comfortable on the sofa with a cup of tea, we asked visitors to spend ten minutes with us taking our Green House survey. We talked about their home and energy use, with questions to discover if the household has difficulty heating their home or affording their bills; recycling; food shopping and growing; and transport habits.

351 people took our Green House survey

It also helped us to adapt the project to suit the community. e.g. we decided to focus less on transport activities, when we learned that the communities transport habits are already very 'green'.

The key findings were:

- People are most interested in saving money on their fuel bills
- People are keen to recycle but are unsure how to get started, or what can be recycled
- Many people would like to grow their own food but need skills or confidence
- Only **32%** of our sample ever drive a car, and most travel by bus or on foot

Having started the conversation we could offer tailored advice to suit the household. We gave some advice to most people during our initial chat, but if they needed more help we offered a home visit, or further appointment in the shop.



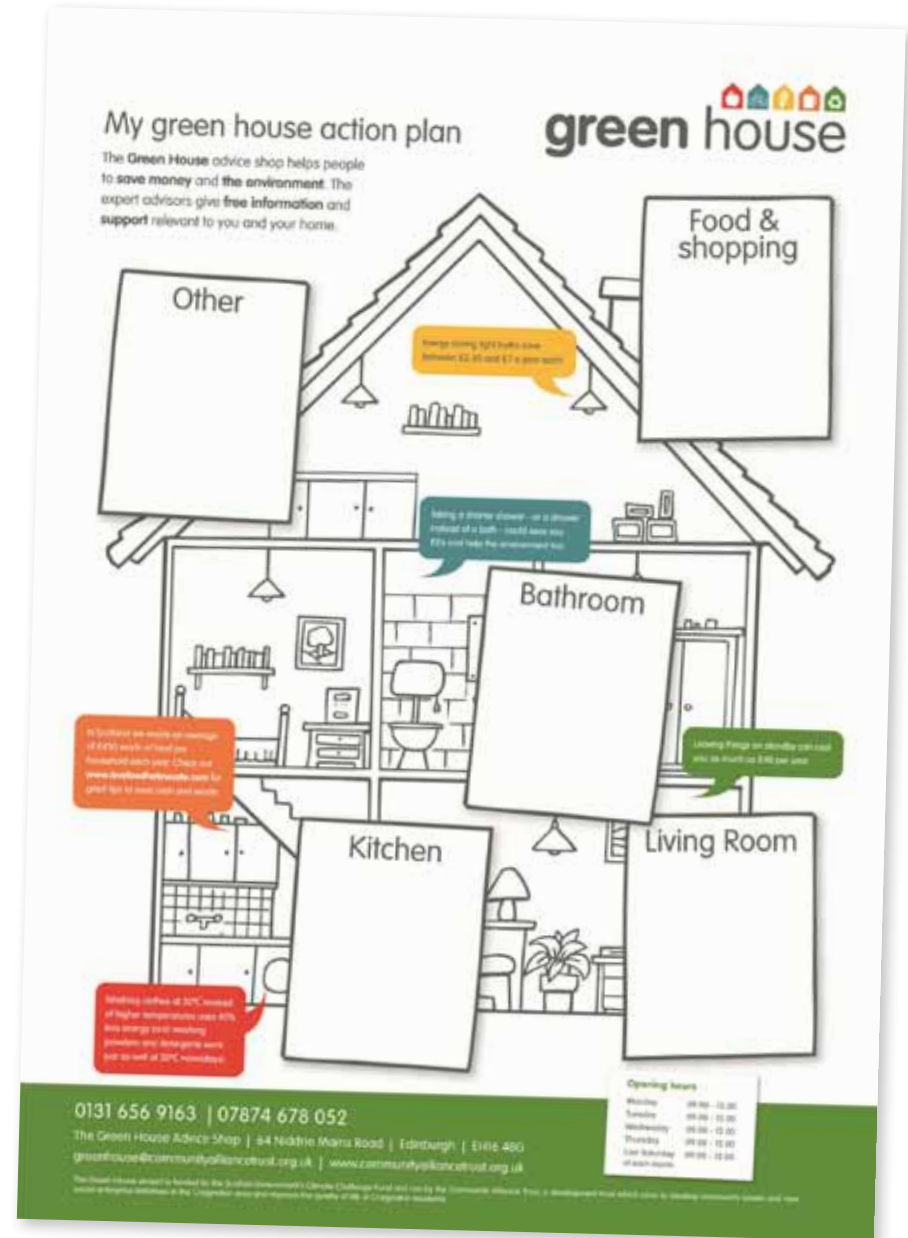
109 people had a Green House home visit.

Home visits lasted for 45-90 minutes, focussing on home energy use. As well as in-depth advice on a wide range of topics to reduce the participant's carbon footprint or make their homes more affordable to heat, we set up energy monitors and powerdowns, and helped people to set their heating controls. We left householders with a "Green House action plan" poster which they could stick on the fridge with a note of all the actions / measure identified at the visit.

Mr Rush

While setting up an energy monitor we noticed it was registering intermittent peaks of energy use. This turned out to be due to Mr Rush having his back-up electric immersion heater on 24 hours a day without realising. It was also set at a very high temperature. He has now turned the tank thermostat down, and just heats the hot water using the gas central heating timer. He was given other energy saving tips and was given help applying for the Warm Homes discount.

"The advice has definitely saved me money – my electricity and gas supplier now owe me! I use the shower timer to have shorter showers, and when my grandson stays he tries to 'beat the timer' so has much shorter showers. I've installed a TV powerdown, have set the hot water temperature to 60°C, and only have my hot water on now for 45 minutes, which is enough for doing the dishes all in one go in the evening."



Energy monitors

We loaned 78 people an energy monitor, so they could find out more about their energy use.

We asked everyone who borrowed an energy monitor to tell us about how they used it and whether it helped.

Out of **28** people who completed the survey, everyone had used the monitor. (It helped that most of the time we had helped set the monitor up, during a home advice visit. In other cases, we showed them exactly how to set it up, using the demo meter in our advice shop).

The most popular changes made after trying the monitor were: switching the TV off at the wall (or using a powerdown), only boiling the amount needed in the kettle and taking a shorter shower (using our shower timer) and changing to low-energy light bulbs.

Using the monitor can bring up a few shocks and surprises at the energy used by appliances, the most common were: kettle, washing machine, tumble dryer and electric shower.

“Energy Monitor: A real eye opener. Once installed, so simple to use”


Free Appliances

One measure that we didn't anticipate being able to offer was free kitchen appliances! Scottish & Southern Energy ran a Free Appliance Scheme this winter, replacing old inefficient fridges etc with free energy efficient appliances in low income vulnerable households.

We put forward several people to whom we had previously given energy advice; they were delighted to gain the extra energy savings plus the convenience of a modern appliance.

We helped **19** people get a new large appliance and gave **25** people new kettles or other small appliance.



Energy	
Manufacturer Model	Fridge-Freezer
More efficient	A
A	
B	
C	
D	
E	
F	
Less efficient	
G	
Energy consumption kWh/year <small>(Based on standard test results for 24h)</small>	325
<small>Actual consumption will depend on how the appliance is used and where it is located</small>	
Fresh food volume l	190
Frozen food volume l	126
Noise <small>(dB(A) re 1 pW)</small>	42
<small>Further information is contained in product brochures</small>	
<small>Norm EN 15316, 1999 Polygraphic Label Structure 04/09/07</small>	

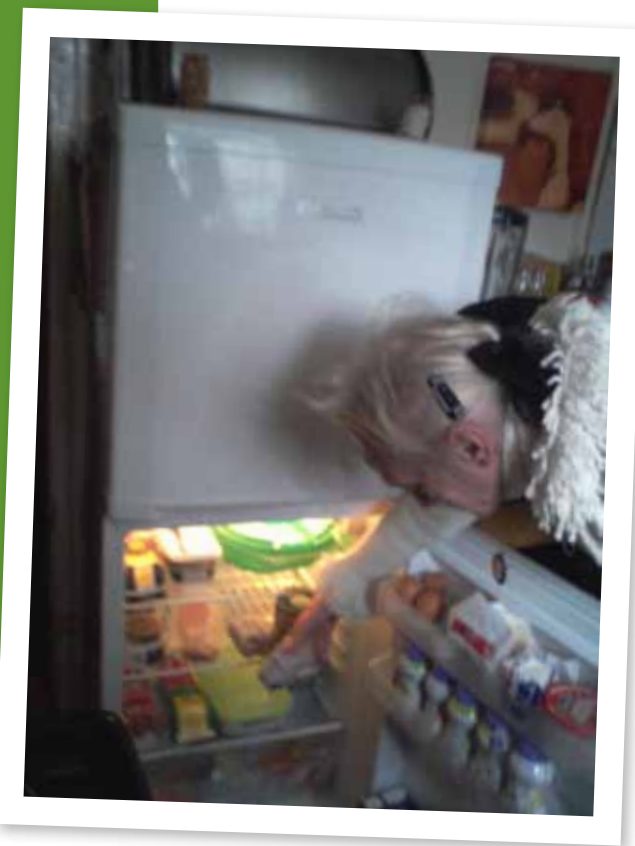
“You have really helped me, even got me a new fridge! I didn't realise how much electricity my old one actually used, the new one is much better in performance and most definitely in cost”

Mrs Clason

Mrs Clason came to the Green House to get help with her very high fuel bills. During a home visit, we helped her set up an energy monitor to find out more about her electricity use.

We also installed a TV powerdown and gave advice on other ways she might use less energy around the house. The monitor showed how much electricity her old fridge was using, and when the SSE free appliance scheme started up a few months later we encouraged her to apply for it, to replace the old fridge with a new A+ rated one. We helped her look into different tariffs to reduce her bills, as she had found tariff choices confusing, and also advised her in applying for the Warm Homes Discount, which she qualified for as part of their wider group criteria.

“The energy monitor made me realise how much energy different things used around the house. Since the visit I’ve gradually changed all my light-bulbs to low energy ones, and I’ve got a TV powerdown installed so my TV doesn’t use power on standby anymore. I have the radio on in the background more than the TV nowadays, since I realised that uses quite a lot less energy, and when my TV needed replacing recently I made sure I found an energy efficient LED one. The Green House staff also told me about a free appliance scheme, where I got a brand new fridge, replacing a thirty year old one which worked but used around 3 times the electricity to run!”



Events

We enjoyed taking part in several local events organised by other community groups. We also organised our own events, with the aim of engaging with a wider audience, providing information or skills on specific topics.

Allotment workshops

Last summer, **22** people attended four food growing workshops, at local allotment sites. These courses were very popular, and developed participants skills, encouraged networking between plot-holders, and inspired people without allotments to grow more in their gardens.

Seed sowing

We carried out a simple seed planting project in August – offering people the chance to plant free seeds for simple salad greens that can be grown on a window ledge.

Around **30** people took part, and are now more confident in planting / growing.

One participant on the growing courses said
"I didn't realise how much would grow around here – I am going to dig a veg patch in my garden now!"



Kitchen Canny

Our first events were a series of four coffee mornings to launch our Kitchen Canny project. Kitchen Canny is a Changeworks four-week programme covering meal planning, food shopping, storage, smart use of leftovers with an aim to help householders find practical ways to reduce their food waste. Kitchen Canny has also been available to individuals who are keen to reduce their food waste; uptake of that has been steady.

Christmas fair

Around **50** people attended our Christmas fair in early December. We promoted sustainable Christmas gift and decoration ideas as well as promoting local, seasonal food. Volunteers from Zero Waste Scotland had a stall sharing tips for reducing festive food waste, and we worked with Edinburgh Freegle on a Give and Take stall where people could donate unwanted items and take others for free.

The event went really well, attracting many people who had not previously engaged with our project and gaining good contacts, including a new volunteer and several bookings for our home energy advice visits.

I'm dreaming of a green Christmas
Fun & festive ideas for a beautiful Christmas,
saving you **money** & the **environment**

Come along to the..
Green House Christmas Fair
at The White House
Niddrie Mains Road
Friday 2nd Dec 2011, 12-3pm

Get crafty with our homemade decorations

Mulled wine & mince pies

Leftovers recipe swap

How to feed the hungry hordes on a budget

Freegle Give & Take Stall
What can I give?
Anything that might make a nice Christmas present or stocking filler as long as it's clean and working.
What can I Take?
What you need and can use.
Bring along unwanted items between 12 & 3pm or drop off at the Green House shop beforehand if you can't be there on the Friday.

0131 656 9163 | 07874 678 052

The Green House Advice Shop | 44 Niddrie Mains Road | Edinburgh | EH16 4BQ
greenthouse@communityalliance.org.uk | www.communityalliance.org.uk
The Green House project is funded by the Scottish Government's Climate Challenge Fund and run by the Community Alliance Trust

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Fuel efficient driver training

In February, we hosted two days of fuel-efficient driver training. Each participant got a one hour long driving lesson, focussing on how to drive more efficiently, with a 'before' and 'after' score.

Drivers on our fuel efficient driving training sessions made an average of **15%** savings in fuel consumption, and had very positive feedback.



"It made me plan ahead more – looking out for traffic ahead and gradients in the road, and to keep an eye on revs too"

"I got a lot of good tips, I was doubling my miles per gallon"

"I was getting an extra five miles per gallon, I learned to change up gear to keep the revs down more and reduce fuel use – it was interesting and useful"

" The way you drive becomes a habit, so it was great to take a fresh look at what I was doing, change those habits and improve fuel efficiency"

List of events 2011 - 2012

29/06/2011	Castle Rock New tenants event	10/11/2011	Green House Surgery @ Magalene Community Centre
25/06/2011	Hunters Hall Gala	11/11/2011	Dunedin Canmore Open Day at the White House
02/07/2011	Craigmillar Fun Day	14/11/2011	Green House Surgery @ Magalene Community Centre
07/07/2011	Green House Launch Party	16/11/2011	Green House Surgery @ Bingham Community Centre
15/08/2011	Kitchen Canny coffee morning 1	17/11/2011	Niddriemill Sunshine Club
22/08/2011	Kitchen Canny coffee morning 2	17/11/2011	Green House Surgery @ Hays Community Business Centre
27/08/2011	Greendykes Allotment Workshop	21/11/2011	Green House Surgery @ Bingham Community Centre
29/08/2011	Kitchen Canny coffee morning 3	23/11/2011	Community Renewal Drop-in
03/09/2011	Hunters Hall Allotment Workshop	24/11/2011	St Martins parent & toddler group
05/09/2011	Kitchen Canny coffee morning 4	24/11/2011	Green House Surgery @ Magalene Community Centre
11/09/2011	Peffermill Court Allotment Workshop	28/11/2011	Green House Surgery @ Magalene Community Centre
14/09/2011	Dosh Day Hay Business Centre	02/12/2011	Green House Christmas Event at The Whitehouse
17/09/2011	Hay Allotment Workshop	08/12/2011	Richmond Food Coop (Kitchen Canny)
27/09/2011	Books for Babies	18/01/2012	P7 Castleview Primary School workshop
04/10/2011	Caring in Craigmillar	19/01/2012	P6 Castleview Primary School workshop
06/10/2011	Caring in Craigmillar	01/02/2012	Green House Community Lunch
07/10/2011	Older Peoples Forum	22/02/2012	Community Renewal Drop-in
13/10/2011	Green House Surgery @ Magalene Community Centre	23/02/2012	Richmond Food Coop (Kitchen Canny)
15/10/2011	Green House Surgery @ Bingham Community Centre	24/02/2012	Fuel Efficient Driver Training
24/10/2011	Bingham 50+ Group	25/02/2012	Fuel Efficient Driver Training
02/11/2011	Green House Surgery @ Bingham Community Centre	29/02/2012	Thistle Drop-in
07/11/2011	Green House Surgery @ Bingham Community Centre	07/03/2012	Hunters Hall Open Day
08/11/2011	Green House Surgery @ Hays Community Business Centre	13/03/2012	Books for Babies (Kitchen Canny)
10/11/2011	Greengables parent & toddlers		



Partnership working

The Green House worked with many local organisations. Building trust and making contacts through our local network of residents associations (through the Neighbourhood Alliance) and Craigmillar's many other community groups has been key to our success, and brought lots of people through our door.

Our relationships with the Energy Saving Scotland advice centre, the City of Edinburgh Council and the housing associations have also been really important.

Energy Saving Scotland advice centre

We've worked closely with the Energy Saving Scotland advice centre (ESSac). They provided us with lots of information materials on energy saving and waste reduction, plus the TV and computer powerdowns we gave out free. We referred people to them with Home Energy Check forms, they could then benefit from the Energy Assistance Package - help with benefits checks, free insulation measures and even new gas central heating systems.

We helped 47 people get a new boiler, central heating system or other insulation & heating measures through the Energy Assistance Package or their landlord. 11 had their benefits checked, giving each of them up to £2,100 extra income per year.

FREE TV POWERDOWN

COME TO THE GREEN HOUSE ADVICE SHOP OR LOCAL EVENTS TO DO A QUICK SURVEY AND CLAIM YOUR FREE GADGET TODAY.

TV Powerdowns save you ££s by reducing the energy used by your TV & other gadgets.

Shop opening hours	
Monday	09.00 - 13.00
Tuesday	09.00 - 13.00
Wednesday	09.00 - 13.00
Thursday	09.00 - 13.00
Last Saturday of each month	09.00 - 13.00

green house 0131 656 9163 | 07874 678 052
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City of Edinburgh Council & Housing Associations

We also worked closely with the Housing department of City of Edinburgh Council and Housing Associations – we realised tenants would benefit from our support in dealing with their landlord to help improve the energy efficiency of their home. We set up a simple referral system with the Council and some of the Housing Associations, so we could request insulation, repairs, or a new heating system for the householder. Our role was as an independent voice, trusted by both tenant and landlord, and we helped around **40** people in this way. We have also accepted referrals from some local Housing Associations, for us to help tenants with energy advice.

Council recycling services

In addition to our support for individuals in getting started recycling, we lobbied for facilities for those streets which had none. We gained recycling collections for three new streets.

Peffer Place

In the first few months of the project we spoke to several residents of Peffer Place and Back Station Road who were keen to recycle but didn't have any nearby facilities. We contacted the City of Edinburgh Council, who arranged for the street to have a whole set of new on-street recycling facilities.



Free insulation offer

We worked with the City of Edinburgh Council to have homes in our area included in the Scottish Government's Universal Home Insulation Scheme (UHIS) for homeowners and private renters. The Council's plans were for the scheme to cover only South Edinburgh, and we lobbied to have our **1,100** privately owned homes added, by explaining what our engagement plans would be and how we would increase uptake of the offer.

We branded this the Free Insulation Offer and carried out a major campaign to promote it, including;

- leaflets and posters
- talks to community groups
- an initial letter to each household
- intensive door-knocking to **600** homes, sub-contracted to Changeworks

One barrier we have come across is that many householders were wary because of energy and insulation companies cold-calling them. Our good reputation helped to overcome this and encouraged people to consider the offer. Many of the eligible homes are privately rented, often with low-income residents, and we supported them in seeking their landlord's permission to take up the offer.

The Free Insulation Offer is ongoing (until the end of March). So far, it has led to **41** surveys for loft insulation and **46** surveys for cavity wall insulation, most of which will result in insulation being installed.

Opening hours	
Monday	09.00 - 13.00
Tuesday	09.00 - 13.00
Wednesday	09.00 - 13.00
Thursday	09.00 - 13.00
Last Saturday of each month	09.00 - 13.00

green house Green House advice shop
64 Niddrie Mains Road | 0131 656 9163

Drop-in advice surgeries **green house**

We're hosting **drop-in advice surgeries** in November – pop in to find out more about ways to **save money** and the **environment** this winter.

Wednesday 2 November Bingham Community centre 2.00pm to 7.00pm	Wednesday 16 November Bingham Community centre 2.00pm to 7.00pm
Monday 7 November Bingham Community centre 2.00pm to 7.00pm	Thursday 17 November Hays Community Business Centre 2.00pm to 7.00pm
Tuesday 8 November Hays Community Business Centre 2.00pm to 7.00pm	Monday 21 November Bingham Community centre 2.00pm to 7.00pm
Thursday 10 November Magdalene Community centre 2.00pm to 7.00pm	Thursday 24 November Magdalene Community centre 2.00pm to 7.00pm
Monday 14 November Magdalene Community centre 2.00pm to 7.00pm	Monday 28 November Magdalene Community centre 2.00pm to 7.00pm

near the blue house

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greenhouse@communityalliancetrust.org.uk | www.communityalliancetrust.org.uk
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Izzy McNaughton

Ms McNaughton was one of our first home visits. We set up an energy monitor for her and talked her through things she could do around the house to reduce energy use. She was a homeowner keen to get a quote for cavity wall insulation as she was finding her property very cold. She was also keen to get other tips on reducing her high energy bills and making her house cosier, so we gave her information about DIY draughtproofing, and a shower timer. She was unaware of grants available for insulation and new heating systems, so we signposted her to ESSac.

After following up her case, we found she had a new boiler installed through EAP, but hadn't had any cavity wall insulation installed (due to being above a commercial property), and no loft insulation top-up (she had been told that she would have to pay £250 due to the large size of loft). We queried this, as the loft top up should have been carried out before a new boiler, and her case was looked into by ESSac. They found she should have received the loft insulation, and after discussion with the disputes department at Scottish Gas, Ms McNaughton finally had her loft insulation installed.

"Without the help of the Green House project my house would be freezing! I wouldn't have had a new boiler and loft insulation – I'm very grateful"

Mr Aitchison

Mr A dropped into one of our surgeries at Bingham to ask about the Energy Assistance package. He had previously applied for it but been unsuccessful due to being just under sixty, but we referred him to ESSac and confirmed he was eligible for EAP. When he hadn't heard anything back after a few weeks we contacted ESSac, who got back in touch with him the same afternoon. A few weeks later he had a brand new gas central heating system installed.

"Having the new heating system has made a massive difference to our lives. We were extremely pleased with the support we had to get things done. The home visit helped us further forward in the other things we knew we should do, the advisor didn't push anything on us, just gave advice with a gentle manner that was appreciated."



Next steps

The Green House project was funded by the Scottish Government's Climate Challenge Fund between April 2011 and March 2012. It was the Community Alliance Trust's first major project and was a great success – we've made a difference to hundreds of people in the community and built good relationships with local people and organisations. We now want to build on that success and will be seeking funding to continue the project.

Our plans for the White House are progressing and we hope to open it as a community hub and café during 2012.

We now want to develop the membership of the Trust – membership is open to people living in the Greater Craigmillar area (Craigmillar Community Council area) and enables you to support the work of the Trust and to take part in the further regeneration of Craigmillar. To join the Community Alliance Trust or for more information please contact info@communityalliancetrust.org.uk or call **0131 657 0500**.

Thank you to...

We would like to thank all those who have helped and supported us, especially the people of Craigmillar and everyone who took part in the project.

Thank you especially to our great volunteers - Gordon Donald, Arron Tippett, Anita Govan, Marie Kryss and Julie Berman - and project Champions - Norrie Davis, Helen Leslie, Moira Callaghan, Susan McGlone, Mark McArthur, Helen Horn and Terry Tweed.

Thank you to Sitar Ramsay and all at the Energy Saving Scotland advice centre, Hema Herkes, Nikki Thomson & Russell Jones at City of Edinburgh Council, Jamie Macleod & Robert Alexander at Castle Rock Edinvar.

Our community engagement was helped greatly by the Neighbourhood Alliance and their network of Neighbourhood Associations, Craigmillar Regeneration Forum, Craigmillar Community Council, Lucy Holroyd and all at Community Renewal, all at Hunters Hall Housing Coop, Craigmillar Ability Network, Caring in Craigmillar, Cyrenians, Chris Macefield, Karin Chipulina and the Local Allotment Groups, Castleview Primary School, Magdalene Community Centre, Bingham Community Centre. Our local politicians were very supportive - thank you, Kenny MacAskill MSP, Cllr Mike Bridgman, Cllr Maureen Childs, Cllr Steven Hawkins and Sheila Gilmore MP.

We used local businesses as suppliers wherever possible - thank you for great work, Wendy & Steven Anderson, Print Vision, Jorji Frederiksen and Sandra Macaskill.

The project received £184,000 from the Scottish Government's Climate Challenge Fund. A big thank you is due to Valerie Carson and her colleagues at the Fund for their support and encouragement.



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