



Energy is impacting on our lives to an unprecedented level. Soaring costs have meant many more Scottish households are facing fuel poverty. Frustratingly if we had addressed the insulation challenges and invested more in renewables we might be less vulnerable to this crisis (as well as helping save the planet).

While we can lobby for more focus on wind, wave and solar; the existing dependency on oil and gas will keep hitting our pockets and hurting our planet. So is there anything we can do now to make a change?

Most actions start by taking back control of our consumption; understanding our usage and reducing our demand. This could be through smart meters or better insulation and draught proofing. There are often simple things that we can do to maximise the benefit from our energy usage, opening the oven door after cooking and not emptying your bath until you're dry reuses the residual heat.

Understand where to go for advice and support. Organisations like the Energy Savings Trust and Home Energy Scotland are government funded and give impartial advice though the volume of information on the website can be daunting. Perhaps we can highlight key information and encourage people to share their experiences so that others have more confidence to move forward in this area. Whether it is LED lightbulbs, solar panels or Air Heat Pumps; lots of energy saving is about cost – the initial investment and the subsequent payback. The clearer the cost comparison is, the more likely people are to switch.

Active Travel (walking and cycling) is cheaper and better for your health and for the planet. As a village we have four e-bikes for hire and we are keen to promote cycling. Others are working to develop active paths, improving connectivity and linking key locations. Is this something you want to get involved with?

Our rural location and concerns over bus reliability make us a car dependent village. But there are still ways to reduce fossil impacts. We already have electric car charging points at the health centre. Are there other things we could do to encourage the switch to electric vehicles? If your car usage is infrequent then a car club might be a solution or if you regularly commute then maybe ride sharing is the best solution. A project to investigate and implement a scheme might seem like a lot of work but the impact could be really significant.

Energy can appear complicated but information and advice is available. We need people to help bring #KilllearnEnergy to life **Do you already have knowledge you could share? Could you want to investigate options and feedback to others on what you found out? Email sustainable@kfcf.co.uk and let us know.**