

Top Tips for your home

* **Mend** your home.

- Fix poorly-fitting window frames and doors.
- Fix dripping taps.
- Turn appliances off.
- Fit thick curtains.
- Use low energy lighting.
- Wrap up warm.
- Get loft and cavity insulation: contact The Footprint Trust's Warmahome project for details.



* **Stuff** your fridge.

- Keeping your fridge full could reduce its running costs by half.
- Use clean polystyrene or tupperware boxes with lids on.
- Leave enough room for air to circulate.

* **Use** a save-a-flush bag or a water saving device in your cistern.

* **Heat** your home with mains gas if you can. It's cheaper than electricity and generally better for the planet.

* **Install** a modern heating system and use 'A rated' appliances.

* **Check** with your power company that you are on the correct tariff.

- Ask about Social Tariff.
- Shop around for the best deals.
- Avoid pre-payment key and card schemes.

* **Buy** recycled products, such as loo rolls and office paper.



It's time to reduce our footprint

Climate change is the biggest threat to the landscape, wildlife and people of the Isle of Wight. If everyone in the world lived as we do on the Island we would need a planet two and a half times its current size to support us all.

The Island depends heavily on loads of stuff being brought here from the mainland and elsewhere. Reduce food miles by supporting local businesses and growers.

Going green on the Isle of Wight

The GreenMobile project helps and supports community groups. Contact The Footprint Trust for details of all its projects, as well as GreenMobile:

- Energetic
- Pond Wardens
- Adopt-A-Garden
- Cemetery Wardens



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The Footprint Trust



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The Caulkheads' Guide

to saving the planet
and saving £££s



**Caulk-head n born on the Isle of Wight.
Technically third generation or better!*

*Information may also be used by
grockles n visitors and
overners n residents not born on the Island.*

Did you know that...

About a quarter of our mains water is pumped over from Hampshire.

- Be 'waterwise' and help reduce water wastage www.waterwise.org.uk
- Collect rainwater in waterbutts.
- Fit a water-saving shower head.

The average Island home throws out one and a half tonnes of rubbish a year.

- For a free recycling box for your home phone Isle of Wight Council or visit www.iwight.com/waste
- For information about how you can reduce and recycle your waste visit www.recyclenow.com
- SNUB: Say No to Unwanted Bags. Use a strong reusable bag or rucksack when shopping.
- Avoid overpackaged goods.

Over ninety percent of our fuel comes from off Island.

- Cycle or walk to work or school.
- For more information about sustainable Island travel options visit www.islandbuses.info and www.carsharewight.com
- Buy a monthly bus pass as it could be cheaper than buying a daily ticket or running a car.

In the UK we import around forty percent of our food.

- Compost your food waste and grow some of your own vegetables.
- Join the Island's Adopt-a-Garden

scheme if you don't have a growing space of your own.



Buildings

- For a free energy-saving visit to your home or eco-audit for your school contact The Footprint Trust.
- For free small home repairs for elderly or disabled people contact Age Concern.
- For grants and information to make you warmer contact The Footprint Trust's Energetic project.



Wildlife

Plant something for wildlife such as lavender for bees, sage for butterflies, a native hawthorn hedge, and ivy for birds and insects.

Hampshire & IW Wildlife Trust

Conservation charity committed to improving conditions for all wildlife in Hampshire and the Isle of Wight. The trust manages six nature reserves on the Island as part of a vision to create 'Living Landscapes' for the future.

Royal Society for Protection of Birds

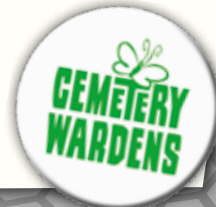
Speaking out for birds and wildlife, tackling the problems that threaten our environment.

Wight Nature Fund

Wight Nature Fund was set up in 1990 to purchase and manage land for nature conservation and for people.

Give your time

- Help your local environment.
- Become a pond warden or a cemetery warden or join a local conservation group.
- Use the local IW volunteer centre.



Useful contacts

Age Concern

01983 525282

Energy Saving Trust

www.energysavingtrust.org.uk

The Footprint Trust

www.footprint-trust.co.uk
info@footprint-trust.co.uk
01983 822282

Hampshire & IW Wildlife Trust

www.hwt.org.uk

Isle of Wight Council

www.iwight.com
01983 821000

Isle of Wight Volunteer Centre

www.iwvolunteer.org
volunteer@iwrcc.org.uk
01983 539377

National Debtline

www.nationaldebtline.co.uk
0808 808 4000

Recycle Now

www.recyclenow.com

Royal Society for Protection of Birds

www.rspb.org.uk

Sustainable Travel

www.carsharewight.com
www.islandbuses.info

Warmfront

0800 316 6011

Waterwise

www.waterwise.org.uk

West Wight Landscape Partnership

www.wwlp.co.uk

Wight Nature Fund

www.wightnaturefund.org.uk