

*"a happy woman is a happy family"*

## Low Carbon Communities Initiative

### Cycling

- It's a fast and fun way to get around.
- It's also good exercise.



### Eco-Friendly Driving

You can reduce the carbon footprint of your car in several ways:

- Accelerating and decelerating slowly and smoothly saves fuel and produces less carbon dioxide.
- If you have anything heavy in your car, try to keep it somewhere else as heavier loads use more fuel.



### Energy Efficiency

Things that you can do to save energy:

- Remember to switch off all your appliances when not in use.
- Install a monitor to see just how much energy you are using and how much you could save.
- Only boil the amount of water that you actually need.
- Draught proof windows and doors to stop heat loss.
- Look in to loft insulation and cavity wall insulation.



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