



## ***Canny tips to save money and energy and what the Sustainable Eating team have learnt about social media!!!***

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### **Canny tips to cut costs and energy in your home**

**with thanks to Chris Chappell of Energy Alton**

*Is there a box in your kitchen or utility room that is secretly stealing your electricity?*

*When appliance instructions describe their 'eco' cycle, we assume they mean the one that uses least power and water. But looking at my own and some friends' 'consumption' values, we find some do, and some don't!  
So, if you want to get your home nearer to net zero, cut your electricity bill and save more oil/gas fields, check out my tips below.*

**They cost NOTHING to implement. It's not lowering your standards, it's avoiding extravagance!**

- 1. Washing machines do an excellent wash in 30 or even 15 mins.*
- 2. Dishwashers. Try a 30 min wash. Do look at your appliance instructions for water and electric use per cycle; 'eco' is not necessarily the least.*
- 3. Don't leave an immersion heater on 24/7. Just turn it on for two hours as needed. Once or twice a week may be enough.*
- 4. Cooking - only use the oven when you can fill it with 3 or more dishes. Freeze portions. Keep lids on saucepans and only boil what you need in a kettle. Cook all veg together in a microwave, steamer or slow cooker.*
- 5. Freezer. Defrost every 3 months / as needed; otherwise, it has to work harder.*
- 6. Tumble driers - Clean the filter often, otherwise it clogs up the workings. Try to do without it or finish off indoors. Use a curtain, shower or bath pole near an open window to hang shirts etc - and shut the door.*

7. Water meters are free and save you money if you have more bedrooms than people. Save where you can. Check your meter bill - aim for 50 litres pp or less per day.

8. Charge your mobile phone, iPad or tablet for 2-3 hours only; overnight charging wastes energy. Turn off all appliances, TV etc at the mains when not in use.

9. Shower - A daily shower is not essential. A good wash at the sink is fine. If you wake up hot and sweaty, reduce the bedroom temperature. Cool rooms help us sleep better.

10. Damp - keep it out! Open windows or use extractor fans and shut doors on wet rooms (ie laundry drying/ cooking/ showering). A damp home is a cold home. If you have an electric dehumidifier something is wrong. Trace the source of the problem and sort it.

For more ideas [click here](#)

For tailored advice for your own home contact our Home Energy Support Team Alton (HESTA)- our volunteers will be delighted to give you the benefit of their experience in insulation, solar panels, heat pumps etc.

<https://energyalton.org.uk/energy-advice/home-energy-support-team-alton-hesta/>

Let us know how you get on and how we can help you further. It's good to share tips!

Chris Chappell. Energy Alton.

Contact [info@energyalton.org.uk](mailto:info@energyalton.org.uk), by phone on 07811 462 659

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## The Future of ACAN

We offer very grateful thanks to Penney Hames for running 2 meetings to address the need for new people to take on some of the tasks the 3 core members of ACAN want to pass on as they move on in May.

These meetings have been attended by an enthusiastic group of people who would very much welcome others to join them, especially those with the time and skills necessary to carry ACAN forward and support all the amazing groups in the ACAN network.

### **Do you have a little time to spare?**

To keep ACAN ticking over we need:

#### **Essential**

Chair of trustees - this can be as hands on or hands off as you like.

Bookkeeper - this requires reasonable confidence with numbers and spreadsheets

Someone to monitor the ACAN email address to pass on emails to relevant group leaders and delete the junk.

#### **Nice to have**

Newsletter writer - this could go down to quarterly if necessary

The next meeting will be on Monday 25th March.

Email [altonclimatenetwork@gmail.com](mailto:altonclimatenetwork@gmail.com) for more details about the meetings or the roles.



## Oh my Goodness!!!

We have all heard about the aggression of internet trolls and the problem of people falling down social media rabbit holes. Well ACAN's Sustainable Eating team have now had first hand experience of this and it has been a real eye opener!

We know that diet is a very personal issue, closely tied into our culture, upbringing and sense of identity, so we were expecting some kickback to our series of Facebook posts about the benefits, to ourselves and the planet, of reducing our meat and dairy consumption.

It was the extremity of some of these responses that took us by surprise - so let me take this opportunity to give a huge vote of thanks to Dee Panes our consultant on sustainable eating. She has handled some really quite abusive comments in a totally professional way leaving the rest of us able to focus on the real message.

To see her series of articles and posts go to either our [Facebook page](#) or the [Sustainable Eating page](#) of our website.

And don't forget we are holding a series of film, discussion and food tasting events

at 7:30pm at Alton Community Centre on:  
Thursday 29th Feb  
Thursday 21st March  
Thursday 18th April  
Email [altonclimatenetwork@gmail.com](mailto:altonclimatenetwork@gmail.com) to register.

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***In this newsletter***

[The Greening Alton Project](#)  
[Good news from Cycle Alton](#)

***Dates for your diary***

[Sustainable Eating Film & Discussion](#) Thu 29th Feb 7:30-9pm, Alton Community Centre, GU34 1HN  
[Litter Pick](#) Thu 7th Mar 10am, Football club car park, Anstey Park, GU34 2NB  
[Alton Community Share](#) Sat 9th Mar 10am-12noon, St Lawrence Parish Centre GU34 2BW  
[Bike Maintenance Sessions for Women](#) next session Sat 9th Mar Alton Community Centre, GU34 1HN  
[How your money impacts the environment](#) Sat 9th Mar 10am Hawkley Village Hall, GU33 6NQ  
[Sustainable Eating Myth Busting](#) Thu 21st Mar 7:3-9pm, Alton Community Centre, GU34 1HN  
[HGT Study Day on Rewilding](#) Thu 21st Mar 10:30-3pm St Peters Church, Ropley SO24 0DR  
[HCC Consultation](#) on future services deadline 31st Mar  
[Alton Repair Cafe](#) Sat 13th Apr 10:30-12:30 Alton Community Centre, GU34 1HN  
[Sustainable Eating Practical tips](#) Thu 18th Apr 7:3-9pm, Alton Community Centre, GU34 1HN

***Other ways to help***

[Trelgars Minibus Appeal](#)  
[Volunteering with ACAN](#)  
[Donate to ACAN](#)

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## Greening Alton Project

AVLAN's new *Greening Alton* project aims to map and encourage the linking of green spaces of all kinds around Alton, to improve local biodiversity and create nature corridors for insects. Ten sites (including several gardens) were added to the map from chats with enthusiastic people in Alton Library during their recent Green and Thrifty fortnight, taking the total to over 80.

Key partners include ALFI and Alton Town Council whose sites for nature are of course included on the map, but we'll be reaching out to community organisations across the town in the coming weeks. See <https://altonclimatenetwork.org.uk/greening-alton-lets-make-2024-a-brilliant-year-for-local-nature/> for more information. To join in, get in touch with Jenny on [altonclimatenetwork@gmail.com](mailto:altonclimatenetwork@gmail.com)

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## Good News from Cycle Alton

Six Sheffield-style cycle racks have been installed at Alton Maltings.

They were funded by grants from four EHDC councillors, along with a small contribution from the Maltings themselves.

The shared pedestrian and cycle path along Mill Lane from Newman Lane almost to Lidl is now complete. Cycle Alton and district councillor Suzie Burns lobbied to make this shared use during the planning stage. Unfortunately between Lidl and Holybourne it's a footpath only, as there was deemed insufficient width to make it shared use along its entire length.

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## Dates for your diary

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### Alton Sustainable Eating - Healthy Food Healthy Planet

Cutting down the meat and dairy in our diets has been shown to be one of the highest impact ways to reduce our personal contribution to greenhouse gas emissions. Better still this is something that is entirely under our own control and benefits our own health as well as the planet.

To register for our first film, discussion and food tasting event or find out more, email: [altonclimatenetwork@gmail.com](mailto:altonclimatenetwork@gmail.com)

**Alton Sustainable Eating**  
Healthy Food Healthy Planet

Eating less meat & dairy benefits our own health as well as the planet. It's easier than you might think!

**Join us for a short film followed by discussion and food tasting**  
**7:30-9pm on Thu 29th Feb**  
Alton Community Centre, GU34 1HN

  

 [altonclimatenetwork@gmail.com](mailto:altonclimatenetwork@gmail.com)   
[www.altonclimatenetwork.org.uk](http://www.altonclimatenetwork.org.uk)

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## ACAN's Monthly Litter Pick

**The next litter pick will be on Thu 7th March from 10am - 12 noon**

Meet in the Raven Square car park off Wooteys Way, GU34 2LL.

**Please email if you can make it to give us an idea of numbers [plasticacan@gmail.com](mailto:plasticacan@gmail.com)**

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## Alton Community Share

**Next session Sat 9th March**

Reduce waste & save money at this free library of jigsaws, games, toys and activities.

2nd & 4th Saturday of the month at St Lawrence's Parish Centre  
10am to 12 noon

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## Spaces left on Cycle Alton's Bike Maintenance Courses

The first session was a great success and very much appreciated by all. There are still a couple of spaces if you would like to join this women's group for the next 2 sessions.

These sessions provide a space to learn and develop skills for maintaining a bike and dealing with common bike maintenance challenges.

**The dates are:**

- Saturday 9th March at 3-4pm
  - Monday 18th March at 7-8pm
- at Alton Community Centre GU34 1HN

Contact [cyclealton@gmail.com](mailto:cyclealton@gmail.com) for more details.

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## How your money can have a significant impact on the environment

**Sat Mar 9th, 10am-12noon, at Hawkley Village Hall, GU33 6NQ**

Hangers Environmental Network (HEN) have invited two excellent speakers to tell us how our money can have a significant impact on the environment.

From our spending power in the shops to investing funds, we are often unaware of how that money can be used to support activities that are either positive or detrimental for the climate.

**The Speakers:**

**Greg Ford** is an advisor at the NGOs Finance Watch, Positive Money Europe and the Climate Safe Lending Network, where he works on climate finance policy and on advocacy for a more environmentally and socially sustainable economy. He is also a Trustee at Pecan.

**Rowan Harding** is a Financial Advisor with over twenty-one years' experience in the financial services

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sector and has a wealth of knowledge about ethical investments.

[Click here for details](#)

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## **Alton Sustainable Eating - Healthy Food Healthy Planet**

At our second sustainable eating event we will be debunking some of the many myths surrounding plant-based diets.

We will be showing a short film and following it with food, fun and facts to set us all straight.

Register by email to [altonclimatenetwork@gmail.com](mailto:altonclimatenetwork@gmail.com)



**Alton Sustainable Eating**  
Healthy Food Healthy Planet

# **Truth, Lies & Fairytales**

**Plant-based foods don't fill you up?**  
**Plant-based foods are boring!**  
**Plant-based food leaves you tired & weak.**

**Join us to sort fact from fiction**  
**at our food tasting**

**7:30-9pm on Thu 21st Mar**

Alton Community Centre, GU34 1HN

Register at  
[altonclimatenetwork@gmail.com](mailto:altonclimatenetwork@gmail.com)



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## **Hampshire Gardens Trust Study Day**

***Rewilding: Pathway to Paradise or Fashionable Fad?***

3 speakers will address this question on

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Thu 21st Mar 10:30am - 3pm at St Peters Church, Ropley, SO24 0DR  
For tickets and further details [click here](#).

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## Hampshire County Council needs to cut £132 million from its budget for future services



Have your say on proposals for future services in Hampshire.

The Future Services Consultation provides us all, as individuals and organisations, with the opportunity to choose the services we would like to see prioritised over others. Do take the time to fill in their survey.

The consultation sets out 13 detailed options to help lower costs in future – by charging extra for some things and by cutting things that the council is not legally required to deliver. Needless to say rural passenger transport does not fare well!

The 13 options within the consultation are [explained in detail here](#):

***The consultation runs from 8 January to 11:59pm on 31 March 2024.***

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## Next Session Sat 13th April

Bring your items for repair along to Alton Community Centre from 10:30am to 12:30pm on:

***13th April, 25th May, 20th July, 7th September, 2nd November, 14th December***

The repair team will be at your service to assist and advise you on repairs to small household items.



## Alton Sustainable Eating - Healthy Food Healthy Planet

At our third sustainable eating event we will be focussing on practical tips and recipes for cheap, tasty and nutritious plant-based meals.

Join us at 7:30-9pm on Thu 18th Apr  
Alton Community Centre, GU34 1HN

Register via email [altonclimatenetwork@gmail.com](mailto:altonclimatenetwork@gmail.com)

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## Treloar's Minibus Appeal

Treloar's school and college are halfway towards funding a specially adapted electric bus and must raise another £75,000 to make the purchase possible. Please, will you help?

**When you [donate to our Electric Bus Appeal](#), your donation will be matched £ for £ by a generous donor who has committed to match funding. That means your gift will be doubled! But time is of the essence, so please donate today and help change young lives.**

The electric bus will have all the adaptations students need, from a specially designed chassis to accommodate wheelchairs to tracking lines to secure their chairs and modified seatbelts. And it'll be planet-friendly too, with zero emissions.



## Volunteer with ACAN

Here in ACAN we have a range of groups already set up and many more ideas of things we would like to do if we had more volunteers, and, of course, you may have ideas of your own you would like to pursue. It doesn't matter how much or how little time you can spare we have volunteering opportunities to suit.

To get involved do fill in our [volunteers form](#)

Or just email [altonclimatenetwork@gmail.com](mailto:altonclimatenetwork@gmail.com) and let us know what you would like to do

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## As ACAN has grown so have our costs.

Most grants do not cover running costs, such as insurance, zoom subscription, examination of accounts. If you can help with one off or regular donations please use the button below for our CAF donate page.

Many thanks.

[Donate to ACAN](#)

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