

REAP

Voices of Sustainability

Newsletter vol 0001

Welcome to the first edition of Voices of Sustainability (VoS). For over 25 years, REAP has been working incredibly hard, helping people to acquire the skills they need to take action on the environment, explore climate solutions, create an action plan on climate change and move out of fuel poverty.

REAP has developed a great reputation locally for professional, impartial, free and effective energy-saving advice. Our energy outreach events and workshops are regularly attended by participants looking for a deeper understanding of how to take control of their energy bills and save money with REAP's energy-saving tips. We work with local partners and organisations to deliver highly interactive energy-saving workshops, share ideas about the practical steps participants could take towards a path to sustainable energy.

Our Energy Advisers are enthusiastic and committed to delivering valuable energy saving advice to empower low income households address fuel poverty in Moray. For any energy issues, contact us on 01542 888070 or info@reapscotland.org.uk

ENERGY

As worries over energy costs continues for many low income households, the Scottish government has launched a cost of living website to help Scottish residents access the help they need.

The website acts as an important signpost for help with energy bills, childcare, health and travel as well as benefits and payments. There's also dedicated information for families, older people and disabled people, who can be particularly impacted by rising costs of living,

As of April 2023 the price cap for an average home will rise from £2500 up to £3000, the amount of assistance for households i.e. £66 / month is still to be determined.

If you need urgent help with money, food or electricity, the Moray council may be able to help, you can contact the Council help line on 0300 123 4561

WARM PLACES



Community warm spaces have been set up across Moray communities for those finding it difficult to heat their homes and eat well. These warm spaces are located in Buckie, Dufftown, Elgin, Forres, Keith and Lossiemouth. Food and hot drinks will be provided for those who attend.

Centres:

Buckie: The Hub, Church Street 10am to 4pm

Dufftown: Royal British Legion, Wednesdays 10am to 3pm

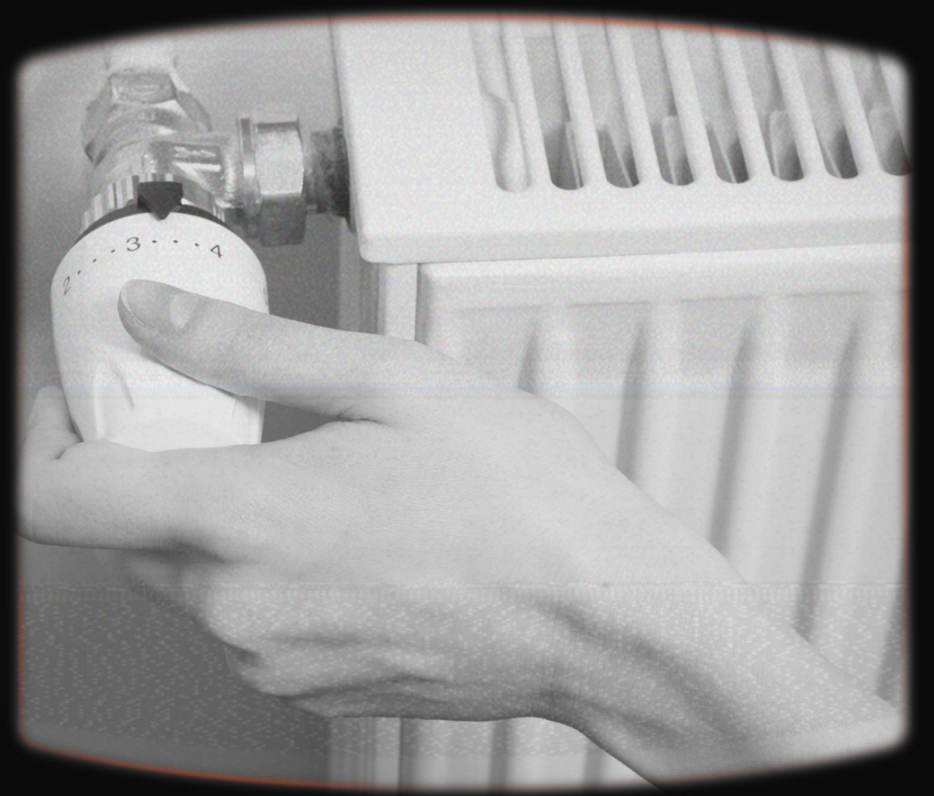
Elgin: Elgin Baptist Church, Reidhaven Street, Wednesdays and Fridays, 12pm to 2pm.

Keith: Keith North Church, Tuesdays 11:30am to 1:30pm

Lossiemouth: Catch 79, Seafood Bistro, Clifton Road, Sundays 12pm to 3pm and 5pm to 10pm

Realtime Energy Saving Tips

- Turning down radiators in rooms you aren't using or use less could save you up to £70 a year
- Turning your combi boiler flow temperature down to 60°C could save you up to £100 a year
- Turning appliances off at the socket could save you up to £70 a year.
- Washing clothes at a lower temperature could save you up to £40 a year.
- Using your tumble dryer less could save you £70 a year.
- Closing all your curtains and blinds at night helps to keep in warm air.



**REAP
FREE
HOME-VISIT
ADVICE SERVICE**

**REAP work with Moray Council,
to deliver an in-home advice
service to vulnerable households
in Moray**

Advisors will visit vulnerable households – to discuss their fuel bills, heating system, fuel debt, or any other area of concern before putting together a package of advice and support.



**Between May 2021 September 2022,
REAP delivered 62,576 energy advice
interventions across Moray to help
Moray residents save money on their
energy bills.**

**Through REAP energy advice, an
estimated £34,970 energy bill
savings was made from advice
between this period.**



For more resources on tackling your energy bills, pick up an energy leaflet from our office on 177 Mid Street, Keith AB55 5BL or request one by emailing

info@reapscotland.org.uk

visit our site at www.reapscotland.org.uk

SUSTAINABLE FOOD

LOCAL FOOD



LOCAL FOOD

Local food benefits our environment because it cuts down the miles food travels to reach your plate; and cutting our food miles cuts greenhouse gases. In other words, it is a way we can all make a smaller Carbon Footprint right in the place where we live, right now.

SUPPORT LOCAL FARMERS

It is no longer secret that locally grown food tastes better, in addition, it comes with an advantage of freshness and packed with richer nutrients which makes local food a healthy choice. By supporting local food growing and local farmers, you help to ensure long term sustainable food security for our local communities.



Garden Humour

1. The gardener was talking about the edible herbs we should grow, it was sage advice!
2. "Why do brassicas always grow faster in 2 parallel lines? Because it's a dual cabbage-way!"
3. I stood in my garden wondering where the sun had gone, then it dawned on me.

REAP THERAPEUTIC GARDEN

REAP Therapeutic gardening uses garden space to improve and build resilience in mental health as well as increase physical activity and develop social skills while also encouraging a healthier diet. Our aim is to help people improve their mental, physical and emotional wellbeing through gardening and socialising in a beautiful, peaceful environment.

Participants meet on a weekly basis on Tuesday afternoons 2-5 pm and Thursday mornings 10-1pm at The Oaks site in Elgin where they can take part in various gardening activities such as sowing seeds, growing veg, fruit trees care, learning about composting and harvesting vegetables to take home. There is also a chance to socialise during our tea break. In the winter, we will hold indoor sessions where participants can learn to cook delicious soups from our garden or try their hands at nature-based craft activities.



The therapeutic gardening programme is suitable for individuals with low to moderate mental health conditions, mild physical disabilities or individuals experiencing isolation. If you wish to join the programme, please get in touch with your GP or your social or health worker and ask them to email our Therapeutic Worker at: sarah@reapscotland.org.uk and we will be in touch.

COME VOLUNTEER WITH US

Volunteering offers the chance to give back in whatever way you can, you can even develop yourself while you are at it.

Volunteering with our garden teams can open door of opportunities and give you a sense of purpose.

Volunteering is good for the community and for the participants you will be helping to support. If you wish to volunteer, you can contact us at info@reapscotland.org.uk



COMMUNITY GRANTS

REAP administer two local community benefit funds for local wind farms. For more details about what can be applied for and how to apply, please visit www.reapscotland.org.uk/community-grants/

Eleven local groups and projects have been awarded grants in the recent funding round for Hill of Towie Wind Farm located between Drummuir and Mulben in Moray. The fund was set up by RES, the operator of the 21-turbine Hill of Towie Wind Farm, following its completion in June 2012.

Since the fund started over £200,000 has been distributed to 48 projects and groups to provide much needed assistance. The Community Benefit Fund is open to applications from groups and projects which benefit the communities in Mulben, Drummuir, and Keith. Acting as the Fund's administrator. REAP supports a panel of local community representatives and residents who make the decisions on funding applications.



For any more information please email tracey@reapscotland.org.uk

EDINTORE WIND FARM COMMUNITY BENEFIT FUND

The Community Fund for the Edintore Wind Farm launched in January 2017, after the commissioning of the wind farm. The developer, Edintore Wind Farm Ltd provides the community benefit fund and makes £70,500 per year available to the local community. Application for funding is by completing a grant application form and providing supporting evidence. REAP administers the fund and a panel of local representatives will assess grant applications and allocate the funds. For more information about the Edintore community grant contact tracey@reapscotland.org.uk

HILL OF TOWIE WIND FARM COMMUNITY BENEFIT FUND

The community fund for Hill of Towie Wind Farm has been available since the commissioning of the wind farm in spring 2012. More than £100,000 per annum is now available to the local community in and around Drummuir, Keith & Mulben. RES (Renewable Energy Systems) the developer, provides the community benefit fund, REAP administers the fund, and a decision-making panel of local community representatives assesses grant applications and allocates the funds. The deadline for the next round of applications is 5pm on Friday 28th April 2023



KEITH COMMUNITY POWER HUB



The Keith Community Power Hub (KCPH) is REAP's flagship pro-social equality project. Opened in September 2022, the Hub's main focus is on tackling community exclusion and poverty, while also building back better and supporting existing needs, as well as developing new services in response to the rapidly changing climate.

The Hub offers a one-stop shop for local people in fuel and rural poverty, looking to manage their finances and fuel bills, gain inspiration for ways out of poverty, make new social links through workshops and access relevant information.

The Hub offers drop-in sessions to give energy advice and help with fuel bills. REAP energy advisers also carry out outreach energy advice sessions across Moray targeting areas scoring less well in the SIMD (Scottish Index of Multiple Deprivation).

In order to develop new services for local communities, consultation will be held with councils, community groups, community steering groups, and other stakeholders to develop the Hub and shape the delivery of energy advice and low cost, low carbon opportunities across Moray.

The Hub opens a door of opportunities for members of the community to benefit from the 'one door' approach developed as a result of good partnership working and hot desking which has been offered to other agencies in Moray, therefore resulting in a wider pool of clients accessing the project through shared service providers like the food bank, local authorities and the Citizens Advice Bureau.

By providing a safe space, the Keith Community Power Hub opens huge opportunities for the community to tackle their situation and access a menu of help to achieve a positive change.



SUPPORTING VULNERABLE ENERGY CUSTOMERS THROUGH THE ENERGY CRISIS

Many households on low income and those who have someone with a long-term illness or disability have seen their disposable income reduced drastically due to the cost of energy and cost of living

REAP has been working to highlight the support available to vulnerable households in Moray.

A £150 council tax rebate is added to council tax bill for households with tax band A-D by Moray Council therefore helping households to make some savings on their bill.

A £650 one off payment is offered to all recipients of means tested benefits.

A £150 one off payment to disability claimant households.

A £300 one off increase to winter fuel payment giving pensioner households more support.

These are automatic payments, and you don't have to do anything to receive them, but if you haven't received yours and you are in any of the above categories, please contact the department which pays your benefit. If DWP contact 0800 023 2635, if HMRC contact 0345 300 3900.

Volunteer with us

We are always seeking volunteers to support the important work we do for the community. Volunteers are an essential part of our service. For more information please email info@reapscotland.org.uk

Did you know?

10 Google searches can power a 60-watt lightbulb for 2 minutes 50 seconds.

60 minutes of solar energy could power the Earth for a year.

A single lightning bolt unleashes five times more heat than the sun

A single wind turbine can power 1400 homes