



VOICES OF SUSTAINABILITY

Newsletter Vol 0003

May 2023

ENERGY IN MORAY THE NET ZERO JOURNEY

Adapting to climate change impacts has seen a huge drive not only globally but also here in Moray. There is a growing appetite both within the realm of government and the private sector to up the ante in achieving the Net Zero targets in Moray. Whether it is investment in recycling technologies, or phasing out fossil cars with electric ones, or even by encouraging efficient use of land to promote low carbon and sustainable development, there should be no doubt that the decisions taken today will make or mar the ambition of reducing carbon emissions to net zero by the 2030 target.

While Moray has seen a decrease of greenhouse gas emissions of around 17% between 2019 and 2021, there is still so much to do. That is why REAP remains committed to improving energy efficiency and promote the awareness of decarbonising heat in Moray homes, thereby helping to make more homes warmer and energy efficient through our free and impartial energy saving advice projects. If you have any issues around insulation or cold homes, or if you are confronting high energy bills or you are in fuel poverty, then contact us today on 01542 888070 or email us at info@reapscotland.org.uk



MORAY ENERGY ACTION PROGRAMME

May saw the start of the Moray Energy Action Programme (MEAP) Funded through the Energy Industry Voluntary Redress Scheme, this project will provide support for households that are most at risk from cold homes and high energy bills on their journey away from fuel poverty. Support will be delivered via telephone advice, community workshops and home visits as well as face to face appointments at our office on 177 Mid Street, Keith AB55 5BL. To discuss your energy situation or book an appointment, please call 01542 888070 or email info@reapscotland.org.uk.

JOIN OUR BOARD

Our Board roles are an incredible opportunity to meet influential, intelligent and well-connected people.

Whether you want to work to develop the goals of an organisation. or you want to contribute your skills and expertise to growing a company. Our REAP Board offers such fantastic opportunity.

Email:

info@reapscotland.org.uk
to find out more.

UNDERSTANDING THE ECO FUNDING

The Energy Company Obligation (ECO) is a UK government energy efficiency scheme to tackle fuel poverty and help reduce carbon emissions.

You may have had a leaflet through your door or seen on social media platforms about schemes offering free insulation or free boilers under the ECO 4 government funding.

The major energy companies otherwise known as the big 6 (British Gas, EDF Energy, E.ON, npower, Scottish Power and SSE) have the funding to offer this scheme. Please speak to your energy supplier to find out if you are eligible.

Be wary of leaflets and companies suggesting they are government funded, it may be a marketing tactic to get your custom. If in doubt, you can check out the company reviews on Trust pilot, it is a good place to start to find out the experience of other customers. If they have numerous reviews with great feedback, look for completion of work, customer service and happy customers.

There are more tips at: energysavingtrust.org.uk/how-to-spot-an-energy-scam/

If unsure contact our energy advisors on 01542 888070 or email info@reapscotland.org.uk



TOP TIPS TO

SUSS OUT COMPANIES CLAIMING FREE FUNDING FOR HOME IMPROVEMENT

1

Does it feel right? or too good to be true?

2

Do your research on the company.

3

Look them up on trading standards and trust pilot.

4

Is their customer service 'pushy'?

5

If in doubt contact REAP's Energy advisors.



GHOSTING

You may have heard of the term Ghosting before, but maybe not when it comes to your walls and ceilings!

So, what is wall or ceiling Ghosting and how can you fix it? This was a new question to the Energy Advisors at REAP this month, and as we've found the answers we wanted to share them with you.

A client visited our office on Mid Street, Keith with photos of black stripes on the walls, bridging onto the ceiling. Worried it may be the wood burner leaking soot through the chimney, the stove man had been consulted, but that was given the all clear. We arranged an appointment for a home visit to check if it could be damp or mould, and carried out our own investigations. We were able to confirm it was wall Ghosting and advised appropriate solutions.

Here's an explanation if you think it may be something you are experiencing.



Ghosting on walls and ceilings is a phenomenon that creates black or dark stains or patterns on surfaces.

It happens when air-borne dust, dirt, soot, oils, fats, or mould spores stick to the areas that are colder or more moist than the rest of the wall or ceiling. This can be caused by missing, inadequate, or gapped insulation that allows cold air to pass through the wall or ceiling frames and fasteners. It can also be caused by damp, warm, and possibly sooty interior air that condenses on the colder sections of the wall or ceiling.

The only real cure to Ghosting is to make sure your home is insulated properly therefore taking away those cold or moist walls. Loft insulation can help any Ghosting on ceilings and drylining solid interior walls can help alleviate the problem there.

Please get in touch if there is any help or further advice we can give you on this.

HOME INSULATION

Are you looking to improve your home insulation?

[Home Energy Scotland](#) can make referrals to the Warmer Homes Scotland scheme and check if you are eligible towards funding that would cover your insulation needs.



Click on the logo above to visit Home Energy Scotland or call 0808 808 2282 to speak to an adviser.

Whilst referrals for Warmer Homes Scotland are paused until October 2023 you can still check your eligibility using their self-assessment tool and, if the tool suggests that you are eligible, you can submit a self-assessment.

Home Energy Scotland will then contact you when the fund re-opens.

The Energy Saving Trust have some great articles on insulation.

Click on the links below to read more.

- [Advice on insulating your solid walls](#)
- [How to install cavity wall insulation](#)
- [Floor insulation information and advice](#)
- [Roof and loft insulation guide](#)
- [Insulating tanks, pipes and radiators](#)

The logo for the Energy Saving Trust, consisting of the words "energy saving trust" in a dark blue, sans-serif font, stacked vertically on a white rectangular background.

**energy
saving
trust**



COOPER PARK WELLBEING GARDEN

REAP have recently appointed Joanna as our new Wellbeing Gardener. Joanna will lead our Action for Wellbeing Project. The project implements nature-based interventions and gardening to improve mental, social and physical wellbeing. The project will run twice a week through the summer at our Cooper Park site in Elgin. Our wellbeing garden engages participants in gardening tasks such as planting, weeding, harvesting and also Ethnobotany and nature crafts. The project is not just about growing plants, but also about the benefits that come from being in a natural environment.

Joanna will be working alongside the Therapeutic Garden Project, which currently runs at The Oaks site in Elgin. Participants who complete their placement at the Therapeutic Garden will have extended support on the Wellbeing garden. The garden will also be accessible to those experiencing low mental health and loneliness, through referral from a GP or other mental health agencies including mental health charities.



The project is looking for volunteer gardeners who would like to help maintain our garden, and work with participants to increase their knowledge of planting and growing.

If you are interested in volunteering please contact:
joanna@reapscotland.org.uk

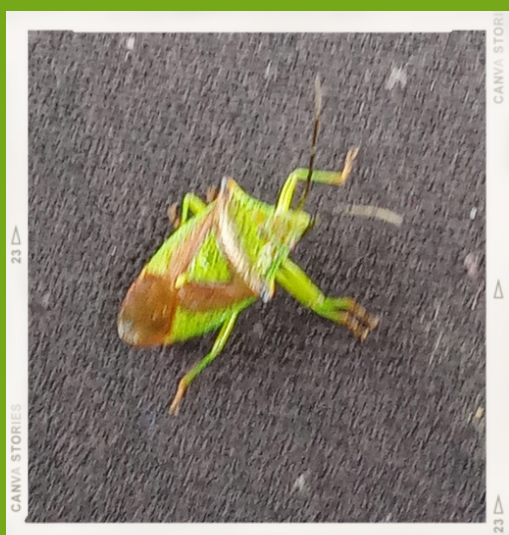


THE OAKS THERAPEUTIC GARDEN

We've seen a lot of changes in the garden over this past month as spring has sprung things into life! There are buds and blossom on the trees and we're still enjoying the daffodils and hyacinths that are popping up.

We've been busy planting a lot of fruit trees to create a shared edible hedge of raspberries, gooseberries, currants and rosehips, which can be enjoyed by the participants and volunteers of the OAKS Therapeutic garden, as well as by the attendees and NHS staff at the OAKS Palliative Day Centre.

We've created a herb spiral with some bricks we had laying around and have planted lots of beautiful fragrant herbs, which we can experiment with in different recipes later in the year! Including lemon balm, mint rosemary and fennel for delicious teas.



We are also enjoying the wildlife and keeping track of all the birds we see! This month's highlights include nesting Oyster Catchers, two goldfinches, pied wagtails, song thrush and our resident robins.

At a recent session, we saw the first bumble bee in our top garden patch, happily buzzing around the fruiting currants - and this little fella is a hawthorn shieldbug, spotted on one of the participant's trousers during our tea break!

We are still welcoming new participants to the garden. If you feel you could benefit from the OAKS Therapeutic Garden please visit: <http://reapscotland.org.uk/oaks-therapeutic-garden/>

WINDFARM COMMUNITY BENEFIT FUNDS

We say goodbye to our wonderful Community Renewables Officer Tracey who has been a pillar of support to all our Community Benefit Fund applicants over the last couple of years. We wish her well and all success as she moves on to new pastures. We are pleased to welcome Faye who takes over as the new Community Renewables Officer, Faye brings with her a wealth of experience and she will no doubt be an asset to our team.



HILL OF TOWIE

The Hill of Towie Wind Farm Community Benefit Fund closed on the 28th of April 2023. The Decision-Making Panel will meet at the end of May 2023 and all applicants will be notified soon afterwards. We wish all applicants a successful application.



EDINTORE

If you missed the last round of funding, the next Edintore Wind Farm Community Benefit Fund will shortly open and the deadline for application is 25th August 2023.

For application guidelines and more information on both Windfarm Community Benefit Funds or on how to apply, visit reapscotland.org.uk/community-grants/
For Annual reports, see www.reapscotland.org.uk or make a request from info@reapscotland.org.uk or the community renewables officer faye@reapscotland.org.uk

KEITH COMMUNITY POWER HUB



Power with, not power over

info@reapscotland.org.uk

www.reapscotland.org.uk

Funded by The Robertson Trust

The Keith Community Power Hub (KCPH) is REAP's flagship pro-social equality project.

Our 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.

Located at 177 Mid Street, Keith, the Hub offers drop-in sessions to give energy advice and help with fuel bills.

We provide an outreach location for:
Moray Citizens Advice Bureau every
Tuesday morning
(by appointment only)

Moray Firth Credit Union
from 11am - 1pm every Thursday
(no appointment required)



Moray Citizens Advice Bureau offer free and impartial advice on:
Benefits, Housing, Employment,
Debt, Immigration, Family and
Consumer issues.
Call 01343 555163 to book an
appointment.



Saving and borrowing from your local credit union is a great way to support your community.
Get access to safe, ethical savings and low cost loans.