



VOICES OF SUSTAINABILITY

Newsletter Vol 0004

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RENEWABLE ECONOMY IN MORAY THE NET ZERO JOURNEY

Moray Council has set an ambitious commitment to become Carbon Neutral by 2030 and take a leading role to assist in the Scottish Government's target of a 75% reduction in regional emissions by 2030 and net zero emissions by 2045. And while this is indeed a worthwhile target, Moray communities remains one of the highest fuel poverty areas in Scotland. The green energy transition which has been identified as the pathway to a net zero future, as well a catalyst to reducing fuel poverty, shifting away from fossil fuels to renewable energy such as solar, is critical to limiting global warming.

REAP remains committed to improving energy efficiency in Moray and addressing the energy security concerns by delivering free and impartial energy advice clinics all over Moray. Our energy advisors have been carrying out home visits to support the most vulnerable in the community, we have also been up and about in the community organising energy workshops and promoting energy efficiency schemes so more homes can be energy efficient. If you have any questions on how you can make your home energy efficient, then contact us today on 01542 888070 or email us at info@reapscotland.org.uk



FREE HOME ENERGY EFFICIENCY SCHEMES

If you or someone you know can't afford to heat their home then we're here to help. We offer a range of support both directly to people in fuel poverty, and also via our partners such as Home Energy Scotland for more help with the Scottish government funded energy efficiency schemes for example boiler replacement, radiators, windows and doors, insulation etc. If you are finding it difficult to meet the costs of your energy, other support is available, too. To keep up to date with energy saving tips or if you would like to subscribe to our newsletter please email info@reapscotland.org.uk

HELP WITH ENERGY BILLS

If you are struggling to pay for energy or think you may get into difficulty, contact your supplier in the first instance and explain the situation to them. Energy suppliers have an obligation to support you in times of crisis or in an emergency.

For further information please contact our advice helpline on 01542 888070 alternatively email: info@reapscotland.org.uk

MORAY ENERGY ACTION PROJECT

Our new Moray Energy Action Project (MEAP) is funded by the Energy Industry Voluntary Redress Scheme through OFGEM. Over the next two years the project aims to support the people of Moray most at risk from cold homes and high energy bills to move away from Fuel Poverty.

A household is said to be in fuel poverty if after housing costs, the total fuel costs needed to maintain a satisfactory heating regime are more than 10% of the household's net income. Statistics from a recent study by Home Energy Scotland show over 13,500 households in Moray are living in fuel poverty. That's 29% of the population of Moray. In addition, 19% of Moray's population is in extreme fuel poverty where 20% of the household's income is being spent on energy bills.

Our friendly team of Energy Advisors provides:

- Free and impartial Energy Advice in person or over the phone
- Personalised low cost energy saving tips
- Free home visits to offer personalised solutions suited to your own circumstances
- Energy Saving Workshops and clinics.

HERE TO HELP

We can help with debt on energy bills, issues with suppliers, switching energy suppliers and the WARM HOME DISCOUNT, plus help with renewables and finding funding to help make your home more energy efficient.

We are working closely with Moray Council's Housing Department to support both new & existing tenants with their meters and any supplier issues.

If you belong to a community group and would like us to provide free Energy Saving

Workshop please email
info@reapscotland.org.uk or call
01542 888070



CARBON MONOXIDE IN THE HOME

Carbon Monoxide is a highly poisonous gas that is produced by the incomplete burning of fossil fuels (including gas, oil, petrol, wood, and coal.) It is known as the 'Silent Killer' as you cannot see it, smell it, hear it or taste it.

CO Safety at Home: Things to look out for

Check the flame on any gas appliance:

Is it burning lazy and orange? It should be crisp and blue.

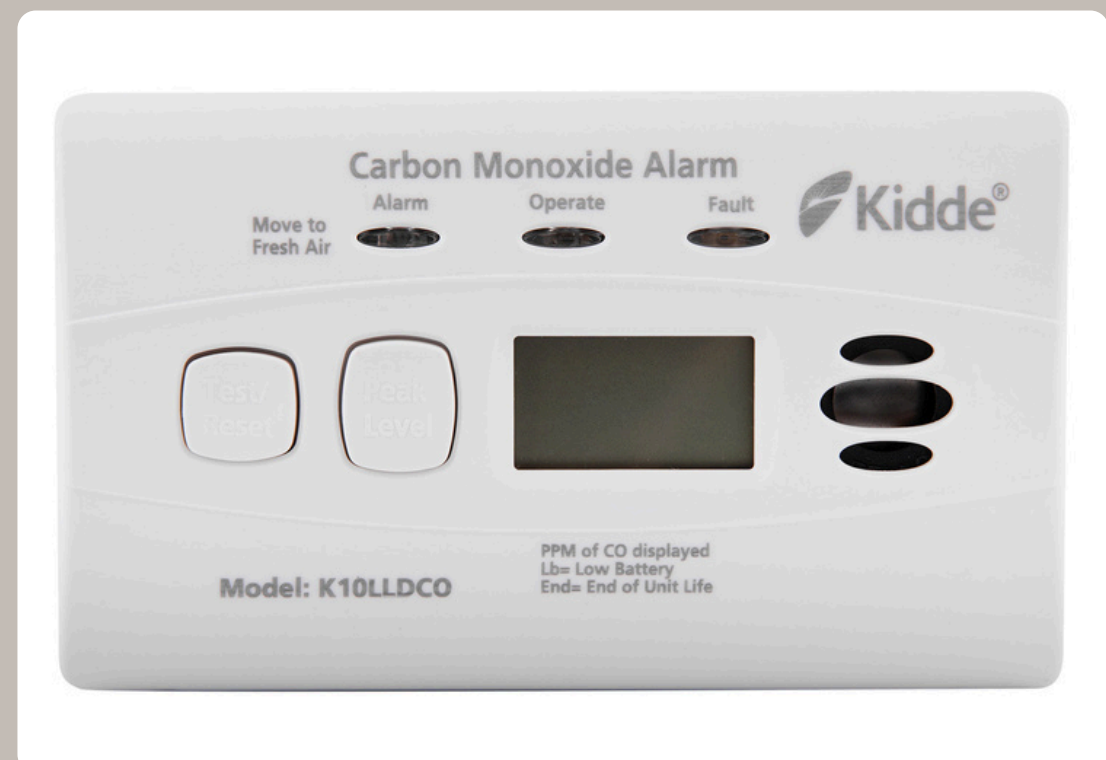
Check ventilation:

Is the flue from the appliance or your chimney blocked? Is there enough ventilation to allow your gas appliances to burn correctly?



Check appliances:

Are all your gas appliances checked every year. Always use a Gas Safe registered engineer to fit, fix and check your appliances



Get yourself a CO alarm

As well as getting your appliances fitted and checked by a Gas SafeTM registered engineer, you should buy and fit an audible CO alarm that complies with BS EN 50291. Remember, a smoke detector is not a carbon monoxide detector.

Check for symptoms:

Headaches, nausea, dizziness, breathlessness, collapsing and loss of consciousness are all symptoms of CO poisoning. If these symptoms occur when you're at home but disappear when you are away from home, go straight to hospital and get checked for possible CO poisoning.



For assistance with any aspect of Carbon Monoxide in the home, please call our friendly team of Energy Advisors on 01542 888070

GREEN KANHA RUN

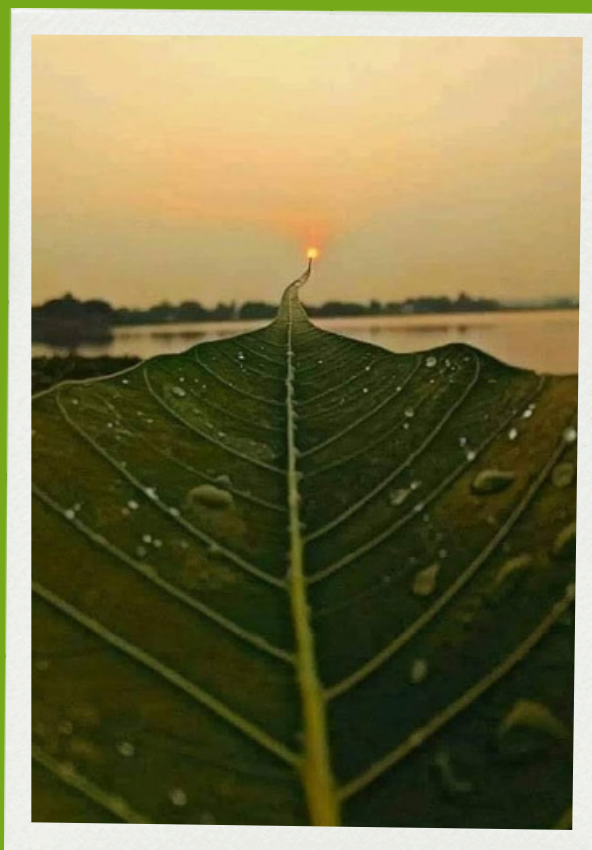
In February this year, REAP Chairperson and nature enthusiast, Lynne Geddes completed the Green Kanha Run in India.

With the paradigm shift in climate change and carbon footprints, this climate conscious run not only took place in the lap of nature; but also all proceeds went to Forests by Heartfulness, an Initiative to nurture, protect and conserve both the endemic and endangered trees species of India. This innovative project aims to plant 30 million trees across India over the next 5 years ensuring the survival of 80 species as well as supporting the livelihood of 10,000 farmers and indigenous communities.

Whilst planting trees in India may seem a world away from daily life here in Moray, the global aims are the same - to keep the world balanced and cool, and to reduce the greenhouse gases that cause global warming.

Another way to achieve this is by behavioural change, to help reduce energy consumption and the negative environmental impacts it has.

Moray has seen a decrease of greenhouse gas emissions of around 17% between 2019 and 2021, but the journey continues. By continuing to decarbonise the heating of Moray homes and continuing to improve energy efficiency we can all make a difference.



We are committed to making 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



COOPER PARK WELLBEING GARDEN

Every Thursday

10th August - 10th September

9.30 - 12.30



Gardening: Each session will include 30 minutes in the garden: planting, propogating, weeding or pruning

Cooking: Around 30 minutes will be spent harvesting & cooking: soup, compote, pesto & more



Crafts: Each session will be finished with a craft: bath salts, sandles, culinary salts & dream catchers to take home



We are running a 6 week workshop program at Cooper Park, Elgin to boost people's mental health and wellbeing. Creating an enjoyable and social place to learn new gardening, cooking and craft skills.

No experience required: the sessions are light-hearted and relaxed. Socialising and enjoying outdoors will be a huge part of each session.

You may be experiencing feelings of loneliness, isolation, stressful work life, dealing with long term mental health issues or feeling anxious. Our workshops aim to help boost your mental health giving you a feeling of enjoyment, while meeting and socialising with others and taking time to yourself.

Our funding for the workshops comes from tsi Moray and the Grampian Endowment fund.

Our workshops run for 6 weeks and we strongly hope that you manage to take part in each of the workshops you have signed up to as this helps to gain a sense of community and continuity with creativity. After the initial 6 weeks you will have access to book on to our Autumn and Festive Winter programs, both also running for 6 weeks.

Email joanna@reapscotland.org.uk to book your space

THE OAKS THERAPEUTIC GARDEN

With the sun and rain, the garden has exploded into life and recently we've been enjoying the harvesting of courgettes, gooseberries, black and red currants, sweet peas, lettuce, herbs and edible weeds! The participants and volunteers have been heading home with a colourful and tasty selection of freshly harvested foods!

We've been tending to our top garden, mulching, weeding, sowing and planting out to keep the garden looking vibrant. We've also received a very kind donation of plants from Children First's previous site and garden, as they have relocated to new premises in Elgin. We've given the plants a new home in our future sensory garden, where they can be enjoyed by our participants and the visitors and friends of The OAKS.

We've also been enjoying some home-baked cookies with rhubarb from our garden, thanks to one of our wonderful volunteers, Vivian.



We're still welcoming new participants and volunteers to our Tuesday afternoon and Thursday morning groups. if you feel you could benefit from time gardening together at our therapeutic garden, please speak to your health centre or support worker to BE referred onto us, or email sarah@reapscotland.org for more information.

REAP'S THERAPEUTIC GARDEN OPEN DAY!



All welcome to come join us in the garden to see what we've been doing here at REAP's Therapeutic Garden and meet the team here.

If you've been thinking about joining or you're just interested to find out more, here's a great chance to visit and learn more.

Where: The OAKS, Morriston Road, Elgin.

When: Tuesday, 29th August. Drop in between 11:30am- 4pm.
Free to enter and there will be refreshments and cake available.

This project is to improve mental & physical well-being through gardening, nature-connection & time spent socialising in natural, peaceful surroundings.

**TUESDAY 29TH AUGUST,
11:30-4PM (DROP-IN)**

WINDFARM COMMUNITY BENEFIT FUNDS

REAP administers the windfarm community benefit funds for the Hill of Towie Windfarm owned by Renewable Energy Systems and the Edintore Windfarm owned by Koehler Renewable Energy.



HILL OF TOWIE WINDFARM COMMUNITY BENEFIT FUND

Round 22 has recently been completed and funds awarded to the successful applicants. These included Keith Christmas Lights who have received £26,433 to replace the old Christmas lights on Mid Street; Keith and District Silver Band who were awarded £5,000 for instrument upgrades, and Loch Park Rural Skills who successfully obtained £953.55 towards their tree planting project in Drummuir.

Round 23 of the fund is now open to applications.

The Hill of Towie Windfarm Community Benefit Fund supports community groups and charities around Drummuir, Mulben and Keith. The aims are to improve the social and community life of the benefit area and to safeguard and improve the natural environment and promote its proper use.

The fund is split 40% Drummuir 40% Mulben and 20% Keith.

The deadline for applications is 26th of October at 5pm.

For more information and application forms visit:

reapscotland.org.uk/community-grants/

or email Faye, our community renewables officer faye@reapscotland.org.uk

KEITH COMMUNITY POWER HUB (KCPH)

The Keith Community Power Hub (KCPH) focuses 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.

We offer a one-stop shop for local people 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 also 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)



InKeith & Strathisla Join the Hub

We are delighted to welcome Bryony Beck, the Local Community Development Officer for InKeith & Strathisla to the Keith Community Power Hub.

Bryony is your 'Go To Person' for any community matters. Pop in to see her at the REAP Office, 177 Mid Street, Keith on Monday from 9am - 5pm or Friday from 9am - 2pm.

No appointment necessary. If you would like to get in touch with Bryony in advance email her: bryony@inkeith.com

The KCPH is funded by The Robertson Trust

