

'The Power in Your Hands' is a local community energy initiative running in the Greenlands area for local residents and St. Peter's School connected to the Meavy Way substation.

We're part of a ground breaking trial, sharing data with you about the energy you're using from your substation, and what this means.

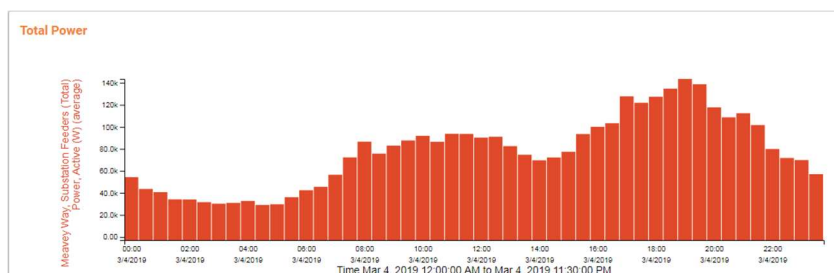
Householder's Survey and Prize Draw

The Householder's Survey helps us understand more about how you're using energy within your household, and how energy is being used across the area.

Thanks to everyone who has completed a survey so far. You've been entered into a monthly Prize Draw and we'll be notifying prize winners shortly.

The **survey can be completed online** at www.tamarenergycommunity.com/power or you can ask us for a **paper survey** by calling 0800-233-5414 or email hello@tamarenergycommunity.com. If you complete the survey in May, June or July 2019 we'll enter you in the free monthly prize draw.

A Typical Day's Power Use - Monday 4th March 2019



We use less power overnight. It increases in the morning as we get up and have breakfast. On the 4th March usage remains about the same until after lunch and then dips a bit before rising quickly at the end of the school / work day when we're busy with the evening meal, chores, watching TV etc.

Why does this matter?

The national electricity grid is managed locally by Western Power Distribution (WPD), and nationally by National Grid. They have to balance the amount of energy we need with the amount being generated.

When we're all using a lot of power at the same time, it costs the energy companies more to produce. Generating electricity to meet peak demand is more expensive and less efficient. There is also often less solar energy generation in the evening.

Discover Slow Cooking



Learn Devon is linking with LiveWest to provide a fantastic **FREE** opportunity to own a slow cooker ... and get lots of ideas for using your slow cooker for healthy and low-cost meals.

When:

Session 1: Thursday 13th June
10:00 – 14:00*

Session 2: Thursday 20th June 10:00 – 14:00*

*Both sessions need to be attended to obtain your free slow cooker. Food Hygiene online certificate - Monday 17th June

Where:

The Alexander Centre, Tavistock

Booking:

Invitation is open to all residents connected to Meavy Way substation. Please book **by Friday 10th May**.

If oversubscribed, preference will be given to LiveWest residents.

From 10th May the invitation will be opened to all LiveWest residents across Tavistock.

To book your place:

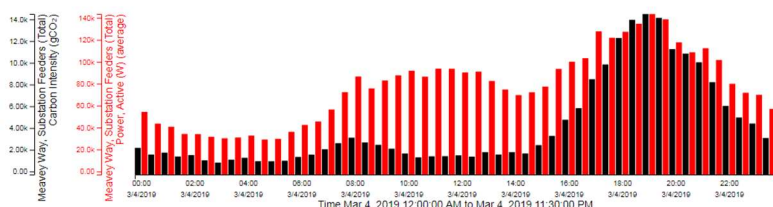
Call 01822 613701

www.learndevon.co.uk



Energy generated during peak demand is more carbon intensive and will have a greater impact on our climate. The red bars represent total power and the black bars the carbon intensity of the power being generated

Power & Carbon Intensity Bar



We can reduce this impact by reducing the amount of electricity we use at peak times. This is known as time-shifting. Examples include using a slow cooker instead of the oven/hob to cook your meal and putting on appliances such as the dishwasher, washing machine or tumble dryer overnight or in the middle of the day, especially when the sun is shining.

Time of Use Tariffs (ToU tariffs)

Energy companies who sell you electricity are starting to introduce 'Time of Use' tariffs to encourage you to use energy outside of peak times. They are not very common yet.

This may also mean that energy use at peak times will be more expensive.

We'll be providing you with information and ideas this year about how you can timeshift your energy use and be more prepared for the future.

An example of a ToU tariff available today is from Octopus Energy. It's called Agile Octopus (<https://octopus.energy/agile/>). If you'd like to talk to us about tariffs or anything else about energy please email or call (details below).

Keep a check on Meavy Way usage + more info

You can view the latest data here:

<http://tamarenergycommunity.com/the-power-in-your-hands-data/>

You can read more about the project and access the survey here:

<http://tamarenergycommunity.com/power/>

This short video explains more about the background to our project and OpenLV: <https://tinyurl.com/yxpp5c68>

You can track the carbon intensity of our energy networks here:

<https://carbontracer.westernpower.co.uk/>

<https://carbonintensity.org.uk>

FREE Community Cream Tea
Weds. 29th of May - 13:00 - 16:00

**Old play area, Plym Crescent,
Greenlands.**



Look out for the balloons !

Open to all ages, come and have your say about your local area.

Information stalls about local courses, & activities for older people at TASS.

Bouncy castle, finger printing, badge making, outside toys and more!! There will be some seating.

Please can children attend with an adult, this event will run if it is wet but not if wet and very windy.

For more information please contact Alison Knight:
07894 586 737,
alison.knight@livewest.co.uk

More dates for your diary

EcoFest Tavi in The Meadows -

Saturday July 20th from 11:00 to 17:00 (Ecofest Tavistock Meadows on facebook).

TEC will have a display there on The Power in Your Hands.