

'The Power in Your Hands' is a local community energy initiative running in the Greenlands area for local residents and St. Peter's School who are 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, what this means, and how this can put The Power in Your Hands.

Find out more by joining us at Greenlands Energy Hour on Thurs. 15th Aug, 19:00 in Kingdon House.

What's happening at your (Meavy Way) substation?

You can check out how much power you and your neighbours, connected to the Meavy Way substation, are using from the Tamar Energy Community (TEC) website:

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

The data is available in real-time (it's continuously updated).

Click on one of the pictures in the gallery to display the selected graph. You can use the buttons below the graph to change the day you'd like to look at.

If you're not online but would like to get involved please call us on 0800-233-5414 and we can arrange to meet and have a chat.

Power and Carbon Intensity

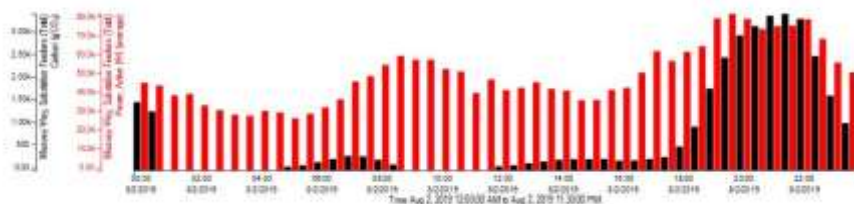
If you're concerned about reducing the amount of carbon dioxide produced by power generation you can select one of the Power and Carbon Intensity charts (*in bar chart or line graph format*). This will show how much carbon dioxide is being produced to generate the electricity being used by you, and others, connected to Meavy Way substation. The total power consumption is shown in red and the carbon intensity in black.

The chart below is for Friday 2nd August. This shows that the carbon intensity was very low for most of the day (a good time to use appliances that use a lot of electricity), but was high between 19:00 and 23:00.

OpenLV – Power and Carbon Intensity Bar

Fri, 02 Aug 2019

Power & Carbon Intensity Bar



Greenlands Energy Hour Please join us ...

... for a **fun and informative** hour on Thurs. 15th August, 19:00 in Kingdon House, Tavistock. Children welcome.

Free refreshments

We'll share the results from '**The Power in Your Hands**' so far, and importantly discuss **what this means for you** and others. How is the Power in Your Hands?

We'll also be launching a trial using **wifi plugs to help manage home energy use**. Would you like to be part of the trial? Come along and have a chat.

When:

Thurs. 15th August, 19:00

Where:

Kingdon House, Tavistock

Booking:

Call/text 0800-233-5414, book online: <https://greenlands-energy-hour-15thaug19.eventbrite.co.uk> or drop-in on evening

Discovering Slow Cooking



The slow cooker course run by Learn Devon with support from LiveWest went well and those that attended enjoyed it.

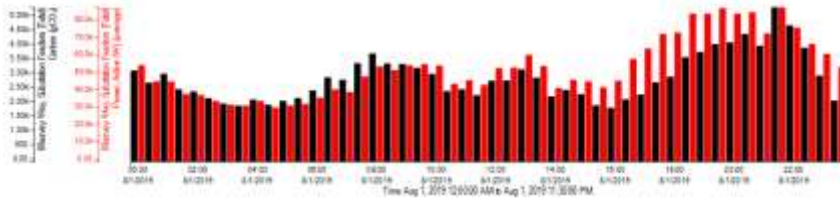
Please let us know if you'd be interested and we can arrange for the course to be run again.

Compare this with the day before (Thursday 1st August) when the carbon intensity was high all day. This indicates that solar and wind generation in the south west was low that day.

OpenLV – Power and Carbon Intensity Bar

Thu, 01 Aug 2019

Power & Carbon Intensity Bar



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

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

<https://carbonintensity.org.uk>

Reducing our impact

One way we can help reduce our impact on the carbon intensity of power generation is to reduce the amount of power we are using in total (where appropriate), and importantly reduce our usage, wherever possible, during the afternoon/evening peak between 16:00 and 20:00.

Generating electricity to meet peak demand is more expensive and less efficient.

Time-shifting appliance usage

Could you use your washing machine, dishwasher, tumble dryer etc. at times of the day when more renewable energy is available, or overnight?

Timers and wifi plugs can help with this. Come along to our event on Thurs. Aug 15th (19:00) to find out more.

Energy efficient cooking

The late afternoon / evening peak is partially caused by households preparing and cooking meals between 16:00 and 20:00.

Are there more energy efficient ways to cook?

Slow cooking is one way of preparing tasty and nutritious meals using less electricity and avoiding the evening peak.

Slow cooking also enables less expensive cuts of meat to be used as they tenderise during the longer cooking time. Tavistock's local butchers (Downings, Palmers and Howells) are always happy to advise. There are recipes on the internet.

Householder's Survey and Monthly Prize Draw

There's still time to complete the Householder's Survey and be entered into Monthly Prize Draw. It's **online** at

www.tamarenergycommunity.com/power or call 0800-233-5414 for a

paper survey.

Greenlands Community

Following the successful Community Cream Tea at the old play area off Plym Crescent on 29th May, it was decided that the **Greenlands Tenants and Residents' Association** should be restarted.

Chair, Secretary, Treasurer and committee were elected the 17th July.

Two events are coming up:

Storytelling, Games, Facepainting & Free books (Fri 9th Aug, 10:00-12:00, Plym Crescent Play Area)

Clean up and Picnic (Sat. 10th Aug, 11:00-14:00, Tavy Rd. bus stop).

Out and about with TEC

We've been out and about sharing information about our work and The Power in Your Hands including:

- St. Peter's School Summer fete
- Tavistock Ecofest
- Tavistock Community Festival of Food & Crafts



Comparing cooking methods

Type of cooker / hob	Watts
Slow cooker	150
Microwave	900
Electric hob	2500
Electric oven	3000

For example:

Heating up a tin of beans

Microwave (1.5 mins) 0.4p
Hob (3 mins) 2.0p

Cooking a casserole

Slow cooker (7 hrs) £0.17p
Oven (2.5 hrs) £1.20p