

Sustainability made simple

Energy

Sustainability made simple vision

To create a just and healthy society today, where everyone has the opportunity to thrive physically, mentally and economically - by empowering individuals and communities today and shaping a healthier and fairer tomorrow.

Sustainability defined

“How we live our lives today and the impact our choices have on the options available to us in the future.

Christine Glew, founder of Sustainability made simple



It's about how we care for **people**, the **planet**, and **finances** to ensure all three remain viable for future generations.

Climate change

Climate change refers to long-term shifts in temperatures and weather patterns. Caused **naturally**, for example, by changes in the sun's activity or large volcanic eruptions
And by **human** activity i.e. burning of fossil fuels like coal, oil and gas

Burning fossil fuels generates greenhouse gas emissions that act like a blanket wrapped around the Earth, trapping the sun's heat and raising temperatures.

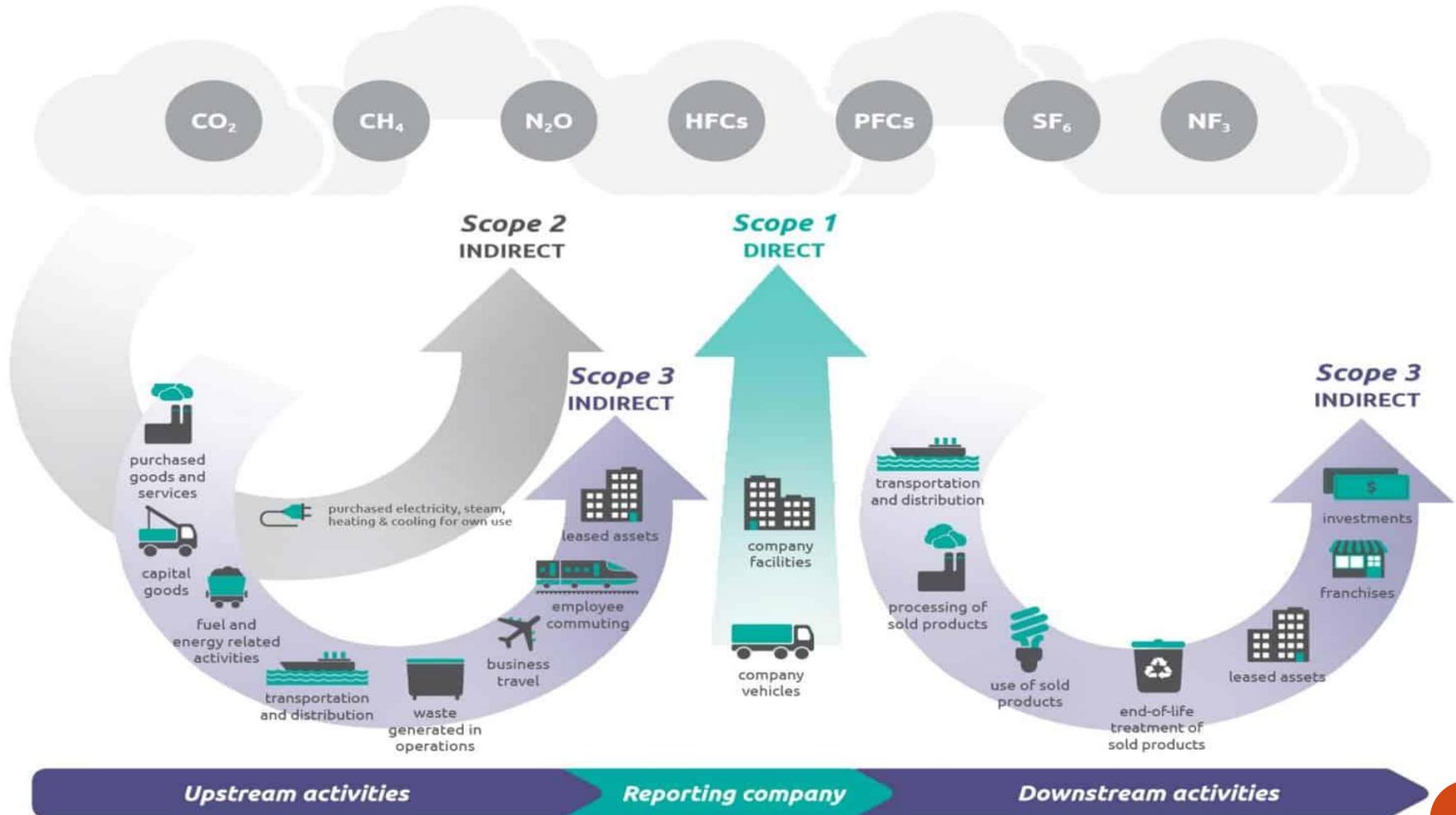
Causing melted glaciers and increasing sea levels

Main 2 gases being released are carbon dioxide and methane. (heating and agriculture)

Opposite side of the coin to climate change is nature loss

Increased by land clearing / cutting down forests / habitat loss

Green house gas (ghg) emissions



Summary

Our children's future without us taking action today



Sustainable homes

What do we mean when we talk about sustainable homes?

We're referring to homes that produce fewer greenhouse gas emissions. In other words, we're looking at the environmental impact of how we live—how much energy we use, the kind of energy we rely on, and how all of this contributes to our *carbon footprint*.

How does electricity reach our homes in the UK?

National grid owns the high-voltage electricity transmission network in England and Wales. It is responsible for making sure electricity is transported safely and efficiently from where it's produced to where it's needed.

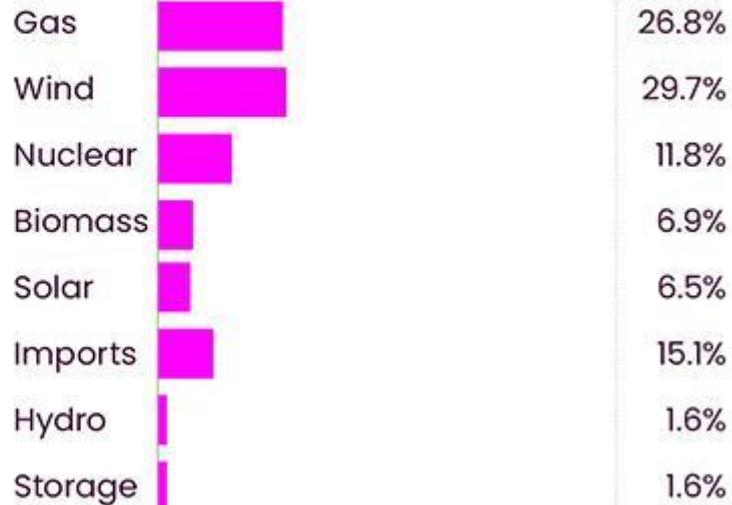
What is the role of the new Great Britain National Energy System Operator, NESO?

The UK's 2023 Energy Act established an independent system planner and operator to help accelerate Great Britain's energy transition; creating NESO. They bring together eight activities required to deliver the plans, markets and operations of the energy system of today and the future.

One Sun, One World, One Grid (OSOWOG) project. This visionary endeavour aims to create a globally interconnected solar power grid, enabling the continuous transmission of renewable energy across borders and time zones.

UK energy mix 2025

How was our electricity generated?



<https://www.neso.energy/news/britains-energy-explained-2025-review>

How can I reduce my energy usage at home?

Audit your rooms to assess electricity appliances / use a SMART meter to understand your energy usage

Use nothing

- Do you need the appliance ?
- Switch off - use an alarm clock and switch mobile phone off over night
- Switch off appliance at night, eg tv and microwave.
- When on holiday switch off fridge and freezer.

Use less

- Only run your **dishwasher and washing machine** with full loads
- Use **eco settings** where available to save both water and energy
- **Kettle Check:** Boil only as much water as you need

Rethink Everyday Habits and save £s

How can I reduce my energy usage at home?

Make Your Home Efficient

- **Insulate your home** to retain heat and reduce heating needs
- Use **door draft excluders** to block cold air
- Heat only the rooms you're using — avoid wasting heat
- Heat yourself, not the room. Use **electric blankets** or heating pads instead of heating the whole house.
- Ventilate rooms regularly to avoid damp and mould

Be sustainable

Retrofit / change out

- Before buying new appliances, check their **Energy Performance Certificate (EPC)** rating
- Use LED bulbs

Go Greener

- Buy your energy from a green energy provider
- Consider energy providers that **reward off-peak use** or pay you to switch off at certain times
- Switch from gas to **electric cookers** and consider **ground source heat pumps**
- **Install solar panels** if you can — generate your own clean power

Use Technology Wisely

- Use the "**When to Switch**" app to see when your electricity is greenest.
- Set timers to run high-energy devices (like dishwashers) when renewable supply is high — often early morning.

Ask the experts



Sustainable Energy, Warm Homes

Contact

If you have any questions or would like to share good practices please contact me

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