

Transition Streets
Facilitators guide for session 2
Energy



What do we want to achieve and why?

Key aim: To allow the group to give themselves permission to share their habits and explore issues deeply honestly and openly.

Facilitator Tips:

- Send a reminder to the group 1 week in before the meeting.
- Take 2 mins just before you start to ask yourself ‘what do I want to achieve in this session and why?’
- Spending time warming the group up first makes brainstorming objectives more productive and running through the workbook less dry.
- Some groups already know each other well and may need less time warming up.
- The confines of a living room often mean breaking rules about good workshop practice. For example, breaking into sub groups and moving around doesn’t work so much. If people feel they are back at work or school they may resist engaging.
- We suggest that you have the group agreements from the previous meeting written up and posted on the wall during the meeting. You may want to review them as a group at the beginning of each meeting.
- Try to draw everyone into the conversation. Give everyone a chance to speak.

To bring:

- Your own TS workbook
- Flip chart & pen – at least 3 sheets:
- 1 titled ‘actions & progress from last session’;
- 1 ‘chapter highlights’;
- 1 ‘bigger picture’

Please note: all timings are suggested. Feel free to adjust timings to best suit your group.

<p>Gather, welcome, warm-up</p> <p><i>One idea for a short warm-up activity is People Bingo, which you can keep general or customize for items related to energy use. Make a 3 by 3 grid on a paper or card and duplicate for everyone in your group. Supply pens or pencils. Each box on the grid contains a statement (some examples include: has a hybrid car, uses a clothing line to dry clothes, has a CFL light bulb, knows how to install weather stripping seals around windows, wants to save on their energy bill, etc.). Encourage the group to mix, talk to everyone to try and complete their card. If one of the items listed on the bingo card relates to the person they are talking with, have them sign their name in that box. The game ends after someone gets a row of 3 items signed, or after 10 minutes has passed.</i></p>	<p>10 min</p>
<p>Review actions & progress from previous session</p> <p>Has anyone taken an action related to minimize your household’s reliance on fossil fuels since the last group session?</p> <p>What is something that stood out for you from last session?</p> <p><i>Since there wasn’t much content during the first session, this review may not take a full 15 minutes. If it doesn’t, you’ll have more time for discussing this session’s content.</i></p>	<p>15 min</p>

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<p>Facts & Actions: Energy</p> <p>This chapter covered the following topics:</p> <ul style="list-style-type: none"> • Know how much energy you use (2.3) • Electronics and appliances (2.7) • Reduce your standby power load (2.10) • See the light (2.12) • Keeping it cool (2.14) • Control your heat (2.16) • Insulating water heater and pipes (2.18) • Weather-stripping (2.21) • Air sealing (2.22) • Attic insulation (2.24) • Wall insulation (2.26) • Other energy saving options (2.28) <p>Some suggested actions included:</p> <ol style="list-style-type: none"> 1. Read your monthly electric and gas bills. 2. Read your own electric and gas meter(s) regularly and keep a record. 3. Use an electricity monitor. 4. Turn things off when you leave the room for more than a few minutes. 5. Turn things off at the plug when not in use. 6. Use a “smart power strip” to cut power to all connected devices with the press of a single button. 7. Switch to energy-efficient bulbs. 8. Use a programmable thermostat. 9. Set your thermostat to an appropriate temperature for you and your family (infants and elders may need warmer temps). 10. Set your hot water heater at 120°F (unless your situation requires it to be hotter, see 2.18). 11. Heat the rooms you use most, rather than the whole house. 12. Close vents or radiator valves. 13. Use TRVs (thermostatic radiator valves) on your radiators. 14. Turn the heat down and cooling up when on vacation or out for the night. 15. Keep curtains and furniture away from vents and radiators to let heat circulate. 16. Weather-strip to seal gaps around windows, doors, attic hatches and other movable parts of your home 17. Seal air holes around chimneys, plumbing pipes, kitchen cabinets, and light fixtures. 18. Insulate your attic and walls <p><i>Some potential questions to guide the conversation:</i></p> <ul style="list-style-type: none"> • What information stood out for you from this chapter? • Was there anything new and surprising? • Are there things you’re doing that aren’t mentioned in the chapter? 	<p>60 min</p>
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<p>Your Personal Action Plan</p> <p>Now that we’ve talked about the facts and actions to save energy, let’s fill in our own energy action plan (section 2.31 of the workbook). What are the actions that you’ll commit to doing?</p> <p>The action table in your workbook has room for you to include actions that you will be doing, along with a deadline. It also has room for you to note actions that you’re already doing to save energy.</p> <p><i>Give people a few minutes to write down their actions. If there’s time, the group could go around to share one action that they’re committing to take.</i></p> <p>Are there any group actions that you want to take that you’d like help with from others in this group?</p>	<p>10 min</p>
<p>The Bigger Picture</p> <p><i>Refer to Section 2.32 of the workbook.</i></p> <p>As we have seen there are many different actions that you can take to save energy. Taken together, all these actions play a significant part in saving you money, as well as reducing our energy consumption — which means fewer fossil fuel power stations being built to supply us with energy, be they coal, nuclear, oil or gas.</p> <p>Just by turning off appliances that are on standby, we can save up to \$100 per year. That may not sound like much, but if we all cut this amount of energy, we would save quite a bit. What would your town do with the extra money?</p> <ul style="list-style-type: none"> • What are the real reasons for us continuing to use energy <u>unsustainably</u>? • How can we share this information about energy conservation with others in our lives and make a bigger change in our communities? • When does it make sense to buy an energy efficient appliance if you already have a functioning older model - and don't want to create more waste by buying new? 	<p>20 min</p>
<p>Re-confirm Next Meeting</p> <p><i>Before ending the meeting, the group should re-confirm the date, time, location, and facilitator of the next meeting.</i></p>	<p>5 min</p>