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# Our world, your home - Transform your transport

Your guide to greener, cleaner and cheaper habits.



# Introduction

We've reached the final of our six mini guides, designed to help you do more to save money and help the planet.

This last guide looks at a topic that may seem tricky to change, transport. But surprisingly there are lots of positive changes you can make that cost little or nothing at all.



# Transform your transport



For many of us, transport is the biggest contributor to our carbon emissions – especially if you drive or fly regularly. Globally, travel-related activities account for up to 14% of greenhouse gas emissions. The solution is not necessarily to stop travelling, but to travel differently.


On top of this, the cost of running a car is becoming unaffordable for many people, with petrol prices soaring over the last year.

With the climate and cost of living crisis, it's never been more important to choose sustainable travel. By reducing fuel consumption, driving more efficiently, and using people-power, we can cut emissions, save money and support our health and wellbeing.

**1** Options for low-carbon flying are limited so the best way to cut emissions is to fly less. Train travel is a great alternative and in many parts of the world it is becoming a more pleasant and economical option.


**2** People-powered travel is great for you and the planet. Cycling and walking reduce air pollution while improving both physical and mental health. To help fit walking and cycling into your lifestyle, plan ahead and research the different routes available. Consider joining a walking or cycling club and find out if your employer supports the [Bike 2 Work Scheme](#).


## You can also get useful information from:

 The National Cycle Network – which supports signed paths and routes for walking, cycling, wheeling and exploring outdoors. Visit [Sustrans](#) for details.

 Weekly social bike rides and Balanceability in Erewash – information [here](#).

 Weekly walks, including dementia-friendly walks in Erewash – information [here](#).

 Walking and riding routes across Amber Valley - information [here](#).

 The [Smart Move Northamptonshire](#) website contains information on e-scooters, journey planning and walking and cycling routes across Northamptonshire.

**3** While going car-free might not be feasible for everyone, replacing some of your car trips with walking, cycling and public transport can make a huge difference! The following schemes could help with public transport costs:

 You could get up to a third off train fares with a [railcard](#), saving up to £142 a year on average!

 You may be eligible for a Jobcentre Plus Travel Discount Card if you're on Universal Credit. You could save up to 50%. Visit [National Rail](#) to find out more.

 Those of state pension age can get a free bus pass. You can apply [here](#).

 If you're disabled, then you may be eligible for a disabled person's pass. Apply [here](#).



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Driving style can have a big impact on fuel consumption and the amount we spend on fuel. Here are simple steps to save money and reduce emissions while driving.

- Take it slowly. Driving your petrol or diesel vehicle at 60mph instead of 70mph can improve your fuel economy by around 14% which will help save you money and reduce your carbon footprint.
- Drive smoothly. The average driver could cut their fuel bills by 10% by driving more efficiently. You can do this by accelerating gently. As a rough rule, stay under 3,000 revs. If you accelerate too quickly, chances are you'll then have to brake hard, which will just waste expensive fuel heating up your brakes.
- Change gear. You should use the highest appropriate gear as soon as you can. For maximum efficiency this is when the engine is revving at around 2,000 rpm in a diesel car or around 2,500 rpm in a petrol car.



- Declutter your car. The lighter the car is, the less energy is required to accelerate (every additional 45kg reduces fuel economy by 2%). Removing excess weight such as a roof rack or boot clutter will cut your fuel consumption.
- Regular vehicle maintenance improves fuel efficiency by as much as 10%. Tyres underinflated by a quarter can increase fuel consumption by 2%. Overinflating will also make you use more fuel. Check your tyre pressures are correct and balanced regularly and particularly before long journeys to save fuel and reduce wear and tear.
- Turn off air-conditioning at lower speeds (below 40mph) and cool the car by opening windows. But close windows and use the AC when you need to at speed as this is the more energy efficient choice.
- 5-8% of fuel is consumed while idling. Turn off engines for waits of more than one minute and avoid sharp acceleration and heavy braking.

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Car share where you can! Most car journeys in the UK are solo, which increases congestion and air pollution. Car sharing is an easy way of reducing emissions and fuel costs. Get your family and friends involved or buddy up with colleagues for the commute – your employer may incentivise car sharing! Or you can find car buddies using [www.liftshare.com/uk](http://www.liftshare.com/uk).



# Additional Information and Support

Discover the comprehensive range of additional resources and support options available to help you navigate through the cost of living crisis.

## Government Support

Visit [Help for Households](#), the government scheme that offers information and support on the cost of living, energy and other household bills.

## Talk to us or your local authority

Both Futures and your local authority can tell you about any financial support, additional benefits and government discount schemes to reduce your fuel bills. For more information on support related to cost of living, guidance on claiming appropriate benefits and money advice, visit our [Cost of living: you're not alone](#) page.

Our Tenancy Support team is here to support you, whatever your circumstances. Our friendly advisors can make sure you're getting all the support you're entitled to. Speak to our team on **0300 456 2531** or email [enquiries@futureshg.co.uk](mailto:enquiries@futureshg.co.uk).

## Debt Advice

**StepChange Debt Charity** can offer free debt advice and budgeting support. Visit [www.stepchange.org](http://www.stepchange.org) or call **0800 138 1111** for the debt advice helpline.

**National Debtline** also offer free debt advice and support, plus information for dealing with high gas and electricity bills. Visit [www.nationaldebtline.org](http://www.nationaldebtline.org) or call a **0808 808 4000**.

## Final words

This is the final in our series of six mini guides full of simple tips to help save money, save energy and save the planet. With increasing fuel prices, we know there's never been a more important time to save energy and we hope these guides provide a starting point to help adopt sustainable habits that don't cost the earth!

For more personalised energy and carbon saving tips, check out the [WWF's carbon footprint calculator](#). A few simple questions will breakdown your carbon footprint into 'diet, travel, house and stuff' and will provide recommendations tailored to you.

We'd also encourage you to share your own energy and money saving tips via our My Voice community – sign up [here](#).



February 2023



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