

MESS news

Marple, Mellor & Marple Bridge Energy Saving Strategy No.5 Summer 2013



MESS WINS MARPLE AWARDS



Maureen Matthews founder and Chair of MESS who won the Individual Environmental Champion award at the Pride in Marple Awards seen here with members of MESS who achieved the Highly Commended award for an Environmental Group. Clare Redfern of Stockport Council also won a Highly Commended award for her support of MESS. The Pride in Marple Awards are sponsored by the Stockport Area Committees.

MARPLE ECO HOUSE OPEN DAY

Contact 427 7782 to arrange visit

MESS MEETINGS

MESS meets every month in the Old School Room at the back of St Mary's Church, Hollins Lane, Marple Bridge SK6 5BB at 7.00pm
Next meetings are: 10 June; 8 July; 12 August; 9 September; 14 October; 11 November; 12 December

MESS Contacts

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Stockport SK6 5PG

"An opportunity to face and plan, together as a community, the challenges that Climate Change will bring."

One of the highlights of our Eco Day in November was the sketches and poems performed by Carver Youth. They had written the material themselves and had much to teach us all on environmental issues. The three course lunch that was also part of the day was made from food that was surplus to requirements and would otherwise have been thrown away—a lesson in the amount of food that is usually wasted.



Carver Youth at MESS ECO DAY

Our Energy Efficient Showcase was as popular as ever this year with several new suppliers displaying their latest developments and wares. Interestingly many of the people who attended had been to previous Showcases and were coming for the next instalment of retrofit energy saving.

The MESS Schools Boxes are circulating around the local primary schools and each school has the opportunity to try out using water and temperature monitoring equipment and wind and solar power. When each school has taken its turn in borrowing these boxes they will re-circulate. So schools can plan for their future use.

The long cold winter may have driven us all to desperation but it did allow a number of MESS members to perfect their skills with the thermal imaging camera and many of you have benefitted from these surveys. These surveys are likely to start again at the end of September.

Winning the Pride in Marple awards has been an unexpected highlight of our year and encourages us to continue trying to find ways to lower local carbon emissions and save energy.

*MESS members are enthusiastic local people who are trying to offer ideas, knowledge and solutions to the challenges that we all face in these changing times. **Call on us if you think we can help or you have ideas to share.***

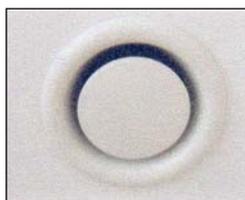
www.marplemess.org.uk

MM

MVHR — Mechanical Ventilation with Heat Recovery

Several MESS members have taken another step in heat retention and efficiency.

If you have managed to stop every draught in your home there could be a problem with condensation on the windows. Putting in extractor fans will cure the condensation but will allow much of your heat to escape with the air.



Ceiling air vent

The Heat Recovery system works by extracting the damp, stale air from the wet areas (bathroom and kitchen) and bringing fresh air into the living areas (lounge and bedrooms). The two airflows pass through a heat exchanger (without mixing) which is able to transfer around 90% of the heat from the extracted air to the fresh air. The result is a greatly improved air



MVHR unit in garage

quality inside the house with very little heat loss. The system also means that all your windows are kept closed so it is quieter.

MVHR systems offer a better quality of air and environment within the house. There should be some savings on heating in the cooler months but these systems are installed for in house environment reasons and not to save money. This system is good for those who suffer from hay-fever or similar breathing difficulties.

As several MESS members have self-installed MVHR they are happy to share their experiences.

DB

Bee insect friendly in your garden



Bees, butterflies and many other insects are facing a difficult time, dealing with adverse weather conditions, loss of habitat, disease and the extensive use of pesticides. Our gardens provide a mosaic of varied habitats, and are important oases of biodiversity for a wide range of species. An insect friendly garden not only helps important pollinators such as bees, but also provides food for birds and bats.

In the face of the many challenges facing wildlife it has become more and more important that we use our gardens to provide havens for wildlife.

There are many simple and easy ways to encourage more insects into your garden

- Grow a range of plants to provide a long flowering season (bees need access to nectar from February to November) so try Lungwort (*Pulmonaria*) for early flowers. Sedums, Michaelmas daisies and Ivy make a wonderful nectar source later on in the autumn.
- Plant flowers in groups so that insects can travel easily from one flower to another of the same type.
- Avoid double cultivars –the ‘old fashioned’ single blooms make it easier for insects to reach the nectar and often have much more nectar.
- Provide a range of flowers shapes and heads so that insects with different tongue lengths and foraging techniques can find food in your garden.
- Avoid pesticide use - organic gardening is much better for wildlife.

- If you have space set aside a corner for nettles - loved by caterpillars of the Peacock, Red Admiral and Painted Lady butterflies.
- Even if you haven't room to plant a wildflower meadow, you can save yourself some work and leave part of your lawn uncut—I have ox eye daisy, creeping speedwell, selfheal, black medick, birds foot trefoil, lady's smock and clover flowers in my grass without even trying.
- Try planting the green manure *Phacelia tanacetifolia* in an unused space. The purple flowers will be covered with bumblebees, and when it's dug in following flowering you will be nourishing your soul.
- Leave loose piles of sticks in a corner of the garden, or be fancy and construct an 'insect hotel' with plenty of holes and crevices for solitary bees and other insects to hibernate over the winter.

As well as improving your own garden there are lots of other ways you can help our garden insects. Spread the word among your friends and neighbours and the increasing number of beekeepers in the local area will thank you.

Many MESS members took part in the BEE CAUSE campaign (currently resisted by the British Government) which has been successful in limiting the use of pesticides. If you are involved with a friends of a park group or any other organisation that provides street flowers, ask them to choose plants that are good for bees and butterflies and check out your local garden centre or DIY store that it does not sell pesticides containing neocotinoids.

Further information from www.foe.co.uk/bees

SM

Why have a Thermal Survey of your house?

The Thermal Image surveys which kept many MESS members busy over the winter months have been much appreciated by many of those who took advantage of these free surveys. Some people have been able to go back to cavity wall installers with proof of poor installation and on at least two occasions the wall insulation has been improved.

MESS members who do these surveys are not qualified builders or structural engineers. We are well informed amateurs who can make suggestions as to the possible causes of any problems that the camera has identified.

As the survey is being done photographs are taken in both visual and thermal formats and a combination of these photos are shown in the Report that MESS produces after the survey.

A thermal image is a 'heat picture' of a scene and this can help to identify where you are losing energy and in a non-invasive and non-destructive way can pinpoint areas where there may be problems.

MESS will not offer solutions to any problems that the survey identifies but will provide a report for you to take forward.

You will be asked to fill in an application form and an appointment will be made to do the survey. Two MESS members will perform the survey and look at any area in your house where you think there is a problem. The survey make take up to an hour.

Contact MESS to arrange for a survey ready for the cooler weather in the autumn.

A MESS Thermal Report



VISIT THE MESS STALL AT MARPLE CARNIVAL (15 June) AND MARPLE LOCKS FESTIVAL (30 June)



MESS meets monthly to discuss the scheme and matters arising and to plan the way ahead. If you would like to be part of the group and / or kept in touch with the group & other issues of Carbon Reduction in the area please complete this form and send to: MESS 116 Longhurst Lane, Mellor SK6 5PG Email: marplemess@gmail.com

YOUR DETAILS
 NAME:
 ADDRESS:
 POST CODE: TEL.NO:
 Email: