

Climate Friendly Businesses CASE STUDY

Relationships Scotland Couple Counselling Fife

Relationships Scotland Couple Counselling Fife are a charity based in Kirkcaldy. They have various different counselling rooms in a very old building. The people in those rooms need to be comfortable and the building's energy costs were very high. The building is category C listed and is within a conservation area. We carried out an energy check when visiting and noted the following.

The Challenges

- No smart meter
- No loft insulation
- Five electric storage heaters
- No LED lighting
- Doors and windows were not draught-proofed
- Single glazing

Our Action Plan

We created an action plan for Mieke, the manager of the service. This recommended the following actions:

- Install low carbon infrared panels for heating. These 'heat the person, not the room'.
- Secondary glazing (double glazing would be incredibly costly for this listed building in a conservation area)
- LED lights (these are relatively cheap to install and have a quick pay back time.)
- Roof insulation (25% of heat loss comes from a roof).

We kept in contact with Mieke and updated her on suitable opportunities to make the required energy efficiency changes.

Result

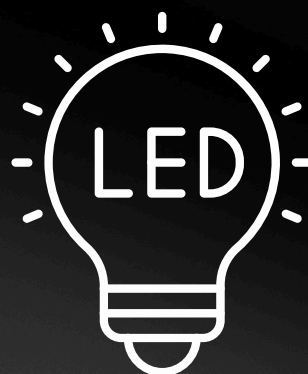
While waiting for funding Mieke installed a 600 watt infrared panel replacing a 1500 watt energy draining heater. She explained what a difference it had made in terms of 'heating the person not the room', and was much warmer and efficient.

In Autumn 2024 the charity received £1,000 from Business Gateway Fife and purchased two further infrared panels and five LED lights. Mieke continues to apply for suitable funding to further reduce their carbon emissions.

Feedback

Navigating the various funding streams that are available to help improve energy efficiency of our office and combat climate change can be bewildering. It's outwith my expertise and it has been great Louise has been able to guide and support, many thanks!

Mieke Van der Zijpp, Manager
Relationship Scotland Couple
Counselling Fife



INSTALLING LED
LIGHTBULBS IS ONE OF
THE MOST COMMON
CHANGES BUSINESSES
MAKE TO REDUCE
ENERGY COSTS FROM
LIGHTING - WITH THE
POTENTIAL TO CUT
ENERGY BILLS BY

75%